

Simple Pumpkin Soup

Adapted from: Minimalist Baker – www.minimalistbaker.com

Ingredients

SOUP

- 2 1/4 cups canned pumpkin puree
- 2 shallots, diced (~1/4 cup or 40 g)
- 3 cloves garlic, minced (1 1/2 Tbsp or 9 g)
- 2 cups (480 ml) vegetable broth ([DIY](#) or store-bought)
- 1 cup (240 ml) coconut milk (or sub other non-dairy milk with varied results)
- 2 Tbsp (30 ml) maple syrup
- 1/4 tsp each sea salt, black pepper, cinnamon, nutmeg

GARLIC KALE SESAME TOPPING (*optional*)

- 1 cup (67 g) roughly chopped kale
- 1 large garlic clove, minced
- 2 Tbsp (18 g) raw sesame seeds
- 1 Tbsp (15 ml) olive oil
- pinch salt

Instructions

1. To a large saucepan over medium heat add 1 Tbsp olive oil, shallot and garlic. Cook for 2-3 minutes, or until slightly browned and translucent. Turn down heat if cooking too quickly.
2. Add remaining ingredients, including the pumpkin, and bring to a simmer.
3. Transfer soup mixture to a blender or use an emulsion blender to puree the soup. If using a blender, place a towel over the top of the lid before mixing to avoid any accidents. Pour mixture back into pot.
4. Continue cooking over medium-low heat for 5-10 minutes and taste and adjust seasonings as needed. Serve as is or with Kale-Sesame topping.
5. **For the Kale-Sesame topping:** In a small skillet over medium heat, dry toast sesame seeds for 2-3 minutes, stirring frequently until slightly golden brown. Be careful as they can burn quickly. Remove from pan and set aside.
6. To the still hot pan, add olive oil and garlic and sauté until golden brown - about 2 minutes. Add kale and toss, then add a pinch of salt and cover to steam. Cook for another few minutes until kale is wilted and then add sesame seeds back in. Toss to coat and set aside for topping soup.
7. Recipe serves 3-4. Leftovers keep in the fridge for up to a few days and in the freezer for up to a month or more.

Recipe found at: <https://minimalistbaker.com/simple-pumpkin-soup/>