

Pumpkin Soup

by Good Vibes Vegan

Preparation Time: 45 min

Number of Persons: 4

Ingredients:

Ingredient	Measure
medium-sized pumpkin	1 Count
Large onion	1
Garlic	3
Vegetable broth	4 Cups
Heavy cream	1 Cups
Olive oil	2 Tablespoon
Butter	2 Tablespoon
Ground cinnamon	1 Teaspoon
Ground ginger	1 Teaspoon
Ground nutmeg	0.25 Teaspoon
Sunflower seeds, roasted	0.5 Cups

Method:

1. Preheat your oven to 400°F (200°C).
2. Spread the chopped pumpkin in a single layer on a baking sheet. Drizzle with

olive oil and sprinkle with salt and pepper. Roast in the oven for 30-40 minutes or until tender and lightly browned.

3. In a large pot, melt the butter over medium heat. Add the diced onions and minced garlic, and cook for 5-7 minutes or until the onions are soft and translucent.

4. Add the roasted pumpkin to the pot, along with the chicken or vegetable broth, cinnamon, ginger, nutmeg, and more salt and pepper to taste. Bring the mixture to a boil, then reduce heat and let it simmer for 20-25 minutes.

5. Using an immersion blender or a regular blender, puree the soup until it is smooth and creamy.

6. Stir in the heavy cream and heat the soup for a few minutes until it is hot.

7. Serve the soup hot, topped with roasted sunflower seeds. Enjoy!