

SIMPLE PUMPKIN SOUP

INGREDIENTS:

SOUP:

- 2 1/4 cups pumpkin puree
- 2 shallots, diced
- 4 cloves garlic, minced
- 3 cups vegetable broth
- 1/3 cup light coconut milk
- 1 1/2 Tbsp. maple syrup or agave nectar
- 1/4 tsp sea salt
- 1/2 tsp ground cinnamon
- 1/2 tsp nutmeg

GARLIC KALE SESAME TOPPING (Optional)

- 1 cup roughly chopped kale
- 2 large garlic clove, minced
- 2 Tbsp. raw sesame seeds
- 1 Tbsp. olive oil
- 1/8 tsp. sea 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. Bring to a boil, then turn the heat to low and simmer for about 20 minutes, until the soup has reduced and thickened slightly.
4. Puree with an immersion blender or in a stand blender until very smooth.
5. Serve as is or with Kale-Sesame topping.
6. **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. 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. Leftovers keep in the fridge for up to a few days and in the freezer for up to a month or more.

For more information contact The Living Whole Wellness Program at (909) 651-4007 or email livingwhole@llu.edu

For more healthy recipes visit: myllu.llu.edu/livingwhole/recipes/



Servings: 6



*GLUTEN-FREE



*VEGAN

Nutrition Facts

6 servings per container	
Serving size	1/2 cup (252g)
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 200mg	9%
Total Carbohydrate 16g	6%
Dietary Fiber 1g	4%
Total Sugars 8g	
Includes 3g Added Sugars	6%
Protein 2g	
Vitamin D 0mcg	0%
Calcium 55mg	4%
Iron 3mg	15%
Potassium 38mg	0%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.