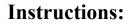


## **Creamy Vegan Pumpkin Soup**

## **Ingredients:**

2 teaspoons olive oil
1 onion, diced
3 cloves garlic, minced
1 teaspoon ground cumin
1/2 teaspoon ground coriander
1/2 teaspoon smoked paprika
4 cups vegetable broth
1 (15-ounce) can pumpkin puree
1 cup coconut milk
1/8 teaspoon sea salt
Fresh parsley or cilantro, for garnish (optional)



- 1. Heat olive oil in a large pot over medium heat. Add diced onion and cook until softened, about 5 minutes.
- 2. Add minced garlic, ground cumin, ground coriander, and smoked paprika. Cook for another 1-2 minutes until fragrant.
- 3. Pour in vegetable broth and pumpkin puree. Stir well to combine.
- 4. Bring the mixture to a simmer and cook for 15-20 minutes, stirring occasionally.
- 5. Remove from heat and stir in coconut milk. Season with salt and pepper to taste.
- 6. Blend the soup until smooth and creamy.
- 7. Serve hot, garnished with fresh parsley or cilantro if desired.



## Servings: 4 **Nutrition Facts** 4 servings per container Serving size 1 cup Amount per serving 110 Calories % Daily Value\* Total Fat 3.5g 4% Saturated Fat 1.5g 8% Trans Fat 0g Cholesterol 0mg 0% Sodium 220mg 10% Total Carbohydrate 17g 6% Dietary Fiber 6g 21% Total Sugars 8g Includes 2g Added Sugars 4% Protein 2g Vitamin D 1mcg 6% 15% Calcium 189mg Iron 2mg 10% Potassium 73mg 2% \*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.

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