

# 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)



## Instructions:

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	
<b>Serving size</b>	<b>1 cup</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>110</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 3.5g	<b>4%</b>
Saturated Fat 1.5g	<b>8%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 220mg	<b>10%</b>
<b>Total Carbohydrate</b> 17g	<b>6%</b>
Dietary Fiber 6g	<b>21%</b>
Total Sugars 8g	
Includes 2g Added Sugars	<b>4%</b>
<b>Protein</b> 2g	
Vitamin D 1mcg	6%
Calcium 189mg	15%
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.