

Long Livo

Gut-Healing Pumpkin Soup Recipe for Comforting Evenings

20 min Prep time	**30 min** Cook time	**50 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Soup Base

- [ ] 1 medium sugar pumpkin (about 3 lbs), peeled, seeded, and cut into 1-inch cubes
- [ ] 2 tablespoons coconut oil or olive oil
- [ ] 1 large yellow onion, chopped
- [ ] 3 cloves garlic, minced
- [ ] 1 tablespoon fresh ginger, grated
- [ ] 1 teaspoon ground turmeric
- [ ] 1/2 teaspoon ground cinnamon
- [ ] 4 cups vegetable broth
- [ ] 1 cup full-fat coconut milk
- [ ] Sea salt and black pepper to taste

For Serving (Optional)

- [ ] Extra coconut milk for drizzling
- [ ] Toasted pumpkin seeds (pepitas)
- [ ] Fresh thyme or cilantro leaves
- [ ] A squeeze of fresh lemon juice

Instructions

1. Heat the oil in a large pot over medium heat. Add the chopped onion and cook, stirring occasionally, until it becomes soft and translucent, about 5-7 minutes. It should smell sweet and fragrant.
2. Add the minced garlic, grated ginger, turmeric, and cinnamon to the pot. Stir constantly for about 1 minute until the spices are fragrant. Be careful not to let them burn.
3. Add the cubed pumpkin to the pot along with the vegetable broth. Bring everything to a boil, then reduce the heat to low, cover, and let it simmer for about 20-25 minutes. The pumpkin should be completely tender when pierced with a fork.
4. Carefully blend the soup until smooth using an immersion blender. Alternatively, you can transfer it in batches to a regular blender. If you're looking for another comforting creamy sauce recipe, the technique is similar.
5. Stir in the coconut milk until well combined. Season generously with sea salt and black pepper to your taste. Let it heat through for another 2-3 minutes, but don't let it boil after adding the coconut milk.
6. Ladle the soup into bowls. Drizzle with a little extra coconut milk, sprinkle with toasted pumpkin seeds, and add a squeeze of fresh lemon juice if you like. Serve warm and enjoy the comforting warmth.

Nutrition per serving

180 kcal	3 g	22 g	10 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra flavor, you can roast the pumpkin cubes with a little oil at 400°F (200°C) for 25-30 minutes before adding to the soup.
- If the soup is too thick for your liking, thin it out with a little more vegetable broth or water.
- This soup pairs beautifully with a slice of quick bread for a complete meal.