

THAI PUMPKIN SOUP



TIME TO PREPARE

15 Minutes



COOK TIME

15 - 20 Min



SERVES

6



Ingredients

- 2 tbsp olive oil
- 1 large onion, chopped
- 1 tbsp tomato paste
- 1 tbsp red/yellow Thai curry paste
- 1 tbsp chopped fresh ginger
- 1 clove garlic, peeled and chopped
- 2 1/2 cups cooked butternut squash or 1 can (28 oz/798 mL) cooked pumpkin*
- 3 cups vegetable or chicken broth
- 1 tbsp lemon juice

Steps to Make

1. Heat a large pot or Dutch oven (or [Le Creuset Pumpkin Cocotte](#)), over medium heat. Add oil and onion and cook 3 to 4 minutes until onions are softened and translucent.
2. Add tomato and curry paste, ginger and garlic; cook 1 minute longer or until mixture is fragrant.
3. Add squash/pumpkin and broth; bring mixture to a boil, stirring constantly. Reduce heat and simmer until thoroughly heated through.
4. Transfer to a blender or use an immersion blender and puree (if desired) until smooth and velvety.
5. Pour back into pot; add lemon juice and coconut milk. Heat over low heat until warmed through. Season to taste with salt and pepper.
6. To serve, spoon into serving bowls and garnish with cilantro, toasted pumpkin seeds and a drizzle of reserved coconut milk.

- 1 can (14 oz/398 mL) coconut milk, reserving 1/4 cup for garnish
- Kosher/sea salt and freshly ground black pepper
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Watch: [How To Roast A Squash](#)

* Make sure if you are using canned pumpkin it is labelled "pure" pumpkin and not pumpkin pie filling. That is sweetened with sugar.