
PUMPKIN, TURMERIC & GINGER SOUP

 RSF, VEG

 1 hr

 8



Ingredients

- 2 tbs ghee
(coconut oil for vegan option)
- 1 large brown onion
- 2cm piece fresh turmeric, finely chopped
- 4cm piece fresh ginger, finely chopped
- 2 cloves garlic, finely chopped
- ¼ tsp chili flakes
- 1.2 kilos jap pumpkin, peeled & roughly chopped
- 5 large carrots, peeled & roughly chopped
- 1 tbs peanut butter
- 1 litre vegetable stock
- 2 litres boiling water



Method

1. Place a large deep pot over medium heat, add the ghee and melt.
2. Add the onion, turmeric, ginger, garlic and chili flakes to the pot with the ghee.
3. Next add the chopped carrot and pumpkin into the pot with the onion mixture, and saute for 5-10 minutes until the pumpkin and carrots begin to soften and caramelize on the edges.
4. Add the peanut butter and mix well.
5. Add the stock and boiling water, ensuring the pumpkin and carrot are completely covered. If not, add a little more water.
6. Cook on medium/low heat for 30 minutes.
7. Once the pumpkin and carrot are soft, blend the soup with a hand held stab mixer until smooth.
8. Serve with roasted pepitas or simply on it's own. Delicious!

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