



SAVORY PUMPKIN SOUP

Vata↓, Pitta↓, Kapha↓

Serves: 4 to 6

Prep Time: 10 minutes

Cook Time: 55 to 65 minutes

INGREDIENTS

- One medium to large pie pumpkin (substitute with butternut squash)
- 6 cups turkey, chicken, or veggie broth (homemade is best!)
- 1 tablespoon of ghee, olive oil, or coconut oil
- 1/3 cup chopped onion
- 1/2 teaspoon cumin seed
- 1/4 teaspoon brown mustard seed
- 2 teaspoons minced, fresh ginger (substitute with 1 teaspoon dry ginger)
- 1/2 teaspoon Agni Churna or turmeric
- Optional pinch of cayenne pepper (omit for Pitta types)
- 1/8 teaspoon freshly ground black pepper
- 1/2 teaspoon pink Himalayan salt

DIRECTIONS

Roasting the Pumpkin:

1. Preheat the oven to 350 degrees.
2. Using a sharp knife, carefully remove the stump and then cut the pumpkin down the center into 2 pieces. Using a spoon, scoop out all of the seeds. You can roast the seeds for eating or compost them otherwise.
3. Brush the inside of the pumpkin halves lightly with oil and then place them facing down into a glass baking dish (use a cookie sheet if a glass baking dish is unavailable).
4. Place in the heated oven and bake for 45 to 55 minutes, or until the inside of the pumpkin is juicy and soft enough to pierce with a fork all of the way through.
5. When you are ready, scoop the pumpkin meat out leaving only the skin behind.

Preparing the Soup:

1. While the pumpkin is roasting, heat the ghee or oil in a large sauce pan over medium heat. Once hot, add in the onion, cumin seed, brown mustard seed, cayenne pepper (if used), and black pepper. Sauté for 2 minutes, stirring half way. Add in the ginger and Agni Churna (or turmeric) and sauté for an additional 30 seconds, stirring constantly. Take the pan off of the heat and set aside until the pumpkin is roasted.
2. If using a hand blender, place the roasted pumpkin and salt into the sauce pan (along with the oil, onion, and spices) and then add in the entire amount of turkey broth.
3. If using a regular blender, add the sautéed onion and spices to the blender along with the roasted pumpkin and salt. Pour in the broth until it is at its capacity without causing an explosion while blending. For this, make sure to leave a few inches from the top.
4. For both blending types, blend on medium for 1 to 3 minutes or until the soup is completely smooth.
5. If using a regular blender, place the mixture into the sauce pan and add any remaining broth. Stir until the blended soup and remaining broth have blended completely together.
6. Once all of the ingredients have been blended and are in the sauce pan, heat the soup over a medium-low heat, for 5 to 10 additional minutes, stirring frequently.
7. Taste and add more salt or pepper as needed.
8. Serve as a main dish, side dish, appetizer, or healthy snack. All body-types can enjoy this meal throughout the fall and winter seasons to nourish the body and ground the mind!