

## SAVORY PUMPKIN SOUP

Vata ↓, Pitta ↓, Kapha ↓

**Serves: 4 to 6 / Prep Time: 20 to 30 minutes / Cook Time: 45 to 60 minutes**

### INGREDIENTS

- One medium pie pumpkin (substitute with butternut squash)
- 6 cups turkey or chicken broth (homemade with bones is best!)
- 1 tablespoon of ghee or coconut oil (omit for Kapha types)
- 1/3 cup chopped onion
- 1/2 teaspoon cumin seed
- 1/4 teaspoon brown mustard seed
- 1/2 teaspoon fresh ginger or 1/4 teaspoon dry ginger
- 1/8 teaspoon 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 coconut oil and then place them facing down into the glass baking dish.
4. Place in the heated oven and bake for 45 to 55 minutes, or until the pumpkin is juicy and soft enough to pierce with a fork.

#### Preparing the Soup:

1. After the pumpkin is fully roasted, heat the coconut 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 turmeric and sauté for an additional 30 seconds, stirring constantly.
2. If using a hand blender, place the roasted pumpkin into the sauce pan and add the entire amount of turkey broth.

3. If using a regular blender, set the spices aside and place the roasted pumpkin into the blender and add 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, add the salt and blend on medium for 1 to 2 minutes or until the soup is completely smooth.
5. If using a regular blender, place in 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 low-medium 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, or appetizer. Enjoy this meal throughout the fall and winter seasons to nourish the body and ground the mind!