

Creamy Pumpkin Soup

5 servings 35 mins

INGREDIENTS

2.5 lbs pumpkin, after seeds are removed, peeled and chopped into cubes
10 cups vegetable broth, or water
salt to taste
2 sprigs escallion/green onions
1/4 teaspoon red pepper flakes
1 small plummy tomato, chopped
4 cloves garlic, minced
1 teaspoon Mrs. Dash herbs and lemon seasoning, or any herbs seasoning
1/4 cup coconut milk

DIRECTIONS

1. Pour water in a very large pot (so you don't get splashed when blending) and bring to a boil.
2. Place the pumpkin into the pot with salt, reduce the heat the medium, and add all the other ingredients except the Mrs. Dash and coconut milk. Cover the pot and cook for about 20 minutes or until the pumpkin is fork soft. Remove from heat and use your immersion blender and blend all ingredients together.
3. Return to stove on low heat and stir the coconut milk and Mrs. Dash in and simmer uncovered for 5 minutes. This helps to thicken up the soup.
4. Remove from heat and serve alone or with toasted croutons if desired.

Notes

- To store: Leftover vegan creamy pumpkin soup can be refrigerated in an airtight container for up to 4 days. To reheat, warm the soup on the stovetop or in the microwave until heated through.
- To freeze: Place the pumpkin soup in an airtight container or freezer bag and freeze for up to 3 months. When ready to eat, thaw overnight in the refrigerator, then reheat according to the instructions above.