

# PRINT TWO, SHARE ONE



## PALEO RECIPE

### PUMPKIN SOUP

45 minutes / 2 servings

#### INGREDIENTS

- 1 small pumpkin, cut into cubes
- 1 can of BPA-free organic coconut milk
- 1 orange or red bell pepper
- 1 large red onion, sliced
- 1-3 crushed garlic cloves
- 1 T virgin coconut oil
- 2 t turmeric
- 2 t fermented fish sauce or half teaspoons sea salt
- cracked pepper to taste

#### INSTRUCTIONS

Steam the pumpkin for around 15 minutes. Meanwhile, in a saucepan, gently fry onion in coconut oil until the onion become translucent. Stir occasionally. **CONT. >**

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Slice away the top of the bell pepper and wash away any seeds. Cut it into quarters and add it to the steamer on top of the pumpkin for the last five minutes of steaming. The pumpkin is ready when a fork will go into the pulp easily.

Once the steaming vegetables are done, scoop them straight into your blender and put the lid on to keep them warm. (If your blender jug is made of plastic rather than glass like mine it would be better to let them cool for a bit.) Steamed pumpkin skin blends up nicely and many of the nutrients are just below the skin so no reason to remove it!

Next mix the turmeric and garlic to the onions. Pour in the coconut milk, fermented fish sauce (or sea salt) and cracked pepper. Stir until warm then add to blender.

With the blender lid on tight, puree until you have a creamy consistency. This can be served right away or made ahead of time. Reheat on the stove top. Serve and Enjoy!

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