

THAI PUMPKIN SOUP

Ingredients

1 Pie Pumpkin, peeled,
seeded & diced

½ Cup Yellow Onion

2 Tablespoons Grapeseed
Oil

1- 2-inch piece fresh
Ginger, peeled & sliced

2 or 3 Garlic Cloves,
peeled & sliced

1 teaspoon Chili Paste,
optional

1 or more Tablespoons
Curry Paste, red or green

1 can Coconut Milk, about
14 ounces

1 ½ Cups Water or Broth

2-3 teaspoons Fish Sauce,
or Salt

2 large or 3 medium Lime
Leaves

Directions

Measure 3 Cups Diced Pumpkin- save the rest for
another use or simply double this recipe!

Heat a large pot over medium heat and add Oil &
Onions cooking until they are just starting to brown.

Use a spoon to stir in Curry Paste, Ginger, Garlic and
Chili Paste if using.

When combined pour in Water or Broth, Fish Sauce &
Coconut Milk.

Stir well before adding Pumpkin & Lime Leaves and
continue to stir as it comes back to a simmer.

Maintain heat and cook for about 15- 20 minutes- use a
fork to test the Pumpkin, it should be tender and not
too soft.

Spoon into bowls and garnish with Chives and
condiments such as sliced Red Pepper, Toasted
Sesame Seeds, Chili Oil & Sriracha; or place cooked &
sliced small pieces of Chicken or Lamb into each bowl
before pouring over Soup.