

Creamy Chunky Pumpkin Soup

Ingredients

- 1 cup chopped celery
- 1.5 cup chopped mushroom any variety
- 3 tablespoon finely chopped fresh ginger
- 1 cup chunky chopped carrots
- 2 cups chopped green zucchini and yellow squash
- 2 cups chopped carrots
- 2 cups string beans any variety
- 1 cup roasted yellow corn frozen
- 4 cups of mashed pumpkin
- ½ cup creamy coconut milk



***To prepare for pumpkin** (1-2 days beforehand)

Line pan with parchment paper, lightly spray coconut oil on pumpkin skin to make it easy to peel, roast pumpkin in oven to soften for 20-25 minutes, at 350°F, poke with a fork to check for softness.

Spices

- 2-3 teaspoon salt to taste
- 1 teaspoon vegan poultry seasoning (or Mushroom powder)
- ½ teaspoon cinnamon seasoning
- 1 chopped chili pasilla (or chili pepper of choice)
- ¼ - ½ teaspoon red chili flakes (optional)

Directions

1. In a large pot, add olive oil to coat bottom to sauté vegetables.
2. Sauté all vegetables together (except for pumpkin) and cook until slightly golden brown.
3. Add spices while vegetables are sautéing.
4. Add mashed pumpkin to sautéed vegetables, stir pumpkin in.
5. Add 8 cups of water to the mixture, gently stir all ingredients together (optional: add ½ cup coconut milk).
6. At medium heat let it gently boil for 15-20 minutes, then lower the heat to simmer for additional 30-40 minutes.
7. Top each serving with a sprinkle of walnuts or pumpkin seeds and a drizzle of olive oil.