



# PUMPKIN SOUP

by Stephanie's Wellness

**Yield:** About 4 cups    **Preparation:** 20 min    **Cook:** 45 min    **Total:** 65 min    **30 days:** approved

## Ingredients

- 2 pounds of pumpkin, cubed
- 1 onion, chopped
- 2 cloves of garlic, minced
- 2 cups of vegetable stock
- 2 tbsp of coconut milk
- 1 tbsp of olive oil
- 1/8 tsp of sea salt
- 1/8 tsp of black pepper
- Extra coconut milk for serving

## Directions

- Preheat the oven to 375F
- On a large baking sheet toss in the pumpkin, onion, garlic, oil, salt, and pepper.
- Mix all together and then spread evenly on the sheet.
- Roast for 45 minutes.
- Now, place all the vegetables on a blender, then add the stock and the milk.
- Blend until very smooth.
- Now, you can pour the soup into a serving plate.
- Decorate the top by drizzling the coconut milk on the top.
- Enjoy! Buen Provecho!