

## Hug in a Bowl Pumpkin Soup - A Delicious Caribbean Soup

*Jamaican Pumpkin Soup is easy to make, healthy, and a Caribbean favorite.*

Prep Time: 30 minutes | Cook time: 30 minutes | Total time 1 hour | Gluten-Free, Veganish | Servings: 6 (1 cup servings)

### Ingredients

- 6 cup vegetable stock or chicken bone broth
- 6 cups Jamaica pumpkin, butternut squash, kabocha may use all or choice one cut in half remove seeds and roasted
- 2 Tbsp olive oil
- 1 onion diced
- 1 carrot peeled
- 1 medium sweet potato
- 2 celery stalks chopped
- 1 bulb of garlic roasted



- 2 bay leaves
- ½ tsp ground allspice
- ½ tsp ground nutmeg (\*\* see instructions if using raw)
- 1 tsp ground ginger or 1 thumb size ginger
- 1 can regular coconut milk
- 3 tbsp. nutritional yeast
- ½ cup orange juice or juice of 1 lime
- salt and freshly ground pepper to taste
- Scotch Bonnet pepper (optional to taste)

### Garnish

- Plant based yogurt; sprinkle of fresh thyme roasted pumpkin seeds chopped cilantro for garnish.
- Trim the Brussels sprouts, halve them lengthwise, and slice very thinly with a knife or the slicing disc on a

### Instructions

- In a large baking sheet , coat all vegetable with oil, onion, carrot, sweet potato celery, and garlic at 375°, bake until golden brown around 25 minutes and vegetables are slightly tender.
- Add to pot then add stock, Bring to a boil. Reduce heat to low and cover, simmering for about 10 to 15 minutes.
- Add allspice, nutmeg, ginger, coconut milk, orange, or lime juice. Use an immersion blender right in the pot to puree until velvety smooth. Alternately, you can transfer in small batches to a blender or food processor, being careful not to process too much at once (or you will get splashed with hot soup).
- Reheat to boiling point, then remove from heat and season with salt & pepper to taste. Serve in bowls with a drizzle of yogurt, thyme, pumpkin seeds and cilantro .

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### Notes

When you prepare your pumpkin, save the seeds and toast them, for a healthy and delicious snack or salad topping. Pumpkin flesh can vary in color from pale yellow to deep orange. If your pumpkin isn't as brightly colored as you would like, add a tablespoon or two of turmeric to get that nice orange hue. Any flavor it does impart is very complimentary and it will give just the right color boost to your soup.

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\*\* Recipe adapted from Colleen Milne

\*\*\* Grate raw nutmeg in a pepper mill, or microplane to grate off a small amount of the seed into your dish

### Nutritional Facts

Serving: 1.5g | Calories: 246kcal | Carbohydrates: 25g | Protein: 7g | Fat: 12g | Saturated Fat: 6g | Cholesterol: 7mg | Sodium: 429mg | Potassium: 814mg | Fiber: 1g | Sugar: 10g | Vitamin A: 13375IU | Vitamin C: 24.5mg | Calcium: 52mg | Iron: 1.6mg