

Savory Pumpkin Soup



Ingredients: 4 cups steamed organic pumpkin
6 cups organic vegetable stock
2 cups organic or raw heavy cream
1 cup organic onion, chopped
1/2 cup organic celery, chopped
1/2 cup leeks, thinly sliced
2-3 tbs. coconut oil
1 tsp. cumin powder
1/2 tsp. nutmeg
1/2 tsp. cinnamon
sea salt and pepper to taste

Directions: Mash pumpkin and keep warm. In a large soup pot, sauté the onion, leeks and celery in coconut oil over medium heat for 5-7 minutes. Add vegetable stock, mashed pumpkin, and spices. Simmer for 15 minutes. Turn the heat off and add the heavy cream. Serve warm and enjoy.

Pumpkin is loaded with beta-carotene, a powerful antioxidant. It is also rich in potassium, a vital electrolyte. The spices aid with digestion and are healing to the immune system.