

Soups

Roasted Pumpkin Soup

4 T olive oil - divided	1/8 tsp cloves
4-pound sugar pie pumpkin	Tiny dash of cayenne pepper (optional)
1 large yellow onion - chopped	Freshly ground black pepper
6 medium garlic cloves - pressed or minced	4 c (32-oz) vegetable broth
1/2 tsp sea salt	1/2 c full fat coconut milk or heavy cream
1/2 tsp ground cinnamon	2 T maple syrup or honey
1/2 tsp ground nutmeg	1/4 c pepitas (green pumpkin seeds)

Preheat oven to 425.

Line a baking sheet with parchment paper for easy cleanup. Carefully halve the pumpkin and scoop out the seeds. Slice each pumpkin halve in half to make quarters.

Brush or rub 1 tablespoon olive oil over the flesh of the pumpkin and place the quarters, cut sides down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set it aside to cool for a few minutes.

Heat the remaining 3 tablespoons olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add onion, garlic and salt to the skillet. Stir to combine. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes. In the meantime, peel the pumpkin skin off the pumpkins and discard the skin.

Add the pumpkin flesh, cinnamon, nutmeg, cloves, cayenne pepper (if using), and a few twists of freshly ground black pepper. Use your stirring spoon to break up the pumpkin a bit. Pour in the broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes, to give the flavors time to meld.

While the soup is cooking, toast the pepitas in a medium skillet over medium-low heat, stirring frequently, until fragrant, golden and making little popping noises. You want them to be nice and toasty, but not burnt. Transfer pepitas to a bowl to cool.

Once pumpkin mixture is done cooking, stir in the coconut milk and maple syrup. Remove the soup from heat and let it cool slightly. You can use an immersion blender to blend this soup in the pot. I prefer to use my stand blender, which yields the creamiest results—working in batches, transfer the contents of the pan to a blender (do not fill your blender past the maximum fill line!).

Transfer the puréed soup to a serving bowl and repeat with the remaining batches. Taste and adjust if necessary (I thought the soup was just right as is, but you might want to add more coconut milk for extra creaminess/milder flavor, or maple syrup to make it a little sweeter).

Ladle the soup into individual bowls. Sprinkle pepitas over the soup and serve.

Let leftover soup cool completely before transferring it to a proper storage container and refrigerating it for up to 4 days (leftovers taste even better the next day!). Or, freeze this soup for up to 3 months.

Pureed Asparagus Soup

1 1/2 lbs asparagus, trimmed,pared and cut into thirds
1 onion
2 large sweet potatoes - sliced thin
4 c vegetable broth
1 tsp grated lemon zest
salt & freshly ground black pepper
fresh mint leaves (optional)

Sauté onions in coconut oil. Add rest of ingredients. Bring to boil

Boil 20 minutes until potatoes are soft

Blend in food processor

Heat soup and add salt and pepper to taste.

Top with fresh mint leaves.

Vegetable Stock

2 qts distilled water
2 carrots - cut into 1" pieces
2 large white or yellow onions with skins - quartered
2 celery ribs - cut into 1" pieces
½ c parsley leaves - stems removed
2 bay leaves
½ tsp dried thyme leaves
½ tsp dried marjoram leaves
¼ tsp dried rosemary leaves
Pinch of cayenne
1 tsp unrefined (Celtic) sea salt or Himalayan salt (or to taste)

Place all ingredients in a stock pot with water and bring to a boil.

Reduce heat to low and simmer for 45 minutes (skimming off foam periodically).

Remove from heat, remove vegetables from soup stock and discard.

Strain stock to remove any remaining vegetable and herb bits.

Pumpkin Lentil Stew

1" chunk fresh ginger - peeled and minced
3 cloves garlic - finely chopped
2 T olive oil
1 c onion - chopped
2 tsp curry powder
1 c water
4 c vegetable broth
1 lb red lentils - pick out dark lentils and dirt particles
4 c packed chopped fresh kale
1 13.5-oz can light coconut milk
1 15-oz can of 100% pumpkin (or your own from the garden)

Set Instant Pot to saute function and heat oil on medium. Add the onion and season with salt. Cook for 6-8 minutes until the onions soften.

Add ginger, garlic, and curry powder. Cook 1 minute, stirring constantly.

Deglaze with the water, stirring and scraping up any browned bits.

Stir in the vegetable broth, lentils, kale, and coconut milk.

Season with salt and pepper.

Add pumpkin but do not stir.

Seal and bring to high pressure. Cook for 8 minutes doing a quick release.

Stir stew to combine, adding 1/4 to 1/2 c water for desired consistency.

Season to taste.

Vegan Curried Pumpkin Lentil Soup

1/2 T olive oil
1 white onion - diced
1 large carrot - sliced
3 cloves garlic - minced
1/2 T fresh grated ginger
1 T mild yellow curry powder
1/4 teaspoon cayenne (optional - if you like a little heat)
3 c water or vegetarian broth
1 c green or brown lentils - sorted and rinsed
1 15-oz can light coconut milk (reserve 2 tablespoons for drizzling on top of soup)
1 15-oz can pumpkin puree (or use your own)
1/2 tsp salt, plus more to taste
Freshly ground black pepper

To garnish:
Extra fresh diced cilantro
Greek yogurt
Salsa (it's so good!)
Pita or naan bread for dipping

Add olive oil in a large pot and place over medium high heat. Once oil is hot, add in onion, carrot and garlic. Saute until onions are translucent, about 3-5 minutes.

Bring heat to medium low and add in ginger, curry powder and cayenne, stir together for 30 seconds.

Next stir in water/broth, coconut milk, lentils and pumpkin puree. If you'd like, you can reserve 2 tablespoons of coconut milk for drizzling on top once the soup is done. Season the soup with salt and freshly ground black pepper.

Bring soup to boil, then reduce heat and simmer over medium low for 30 minutes or until lentils are soft and tender. The soup should thicken up. (If it gets too thick for your liking, then feel free to add an extra 1/2 cup-1 cup water or broth.)

Taste and adjust seasonings as necessary, adding additional salt and pepper if needed.

Serve soup immediately and drizzle in a circle with leftover coconut milk. Garnish with cilantro, yogurt and salsa if you'd like.

Red Lentil and Pumpkin Soup

1 yellow onion
2 cloves garlic
1 tsp grated fresh ginger
1 T olive oil
1 T curry powder
1 15-oz can pumpkin purée
1 c dry red lentils
6 c vegetable broth
1/2 tsp salt

Dice the onion, mince the garlic, and grate the ginger.

Add the onion, garlic, and ginger to a large pot with the olive oil and sauté over medium heat until the onions are soft (about 5 minutes).

Add the curry powder and continue to sauté for about a minute more.

Next, add the pumpkin purée, lentils, and vegetable broth. Stir to combine.

Place a lid on the pot and bring the soup up to a boil over medium-high heat. Once boiling, turn the heat down to medium-low. Simmer the soup, stirring occasionally, for 20 minutes.

Finally, taste the soup and add salt to taste (about 1/2 tsp). Serve hot with bread for dipping!

Pumpkin-Lentil Soup

3 c water
3 c chicken broth
2/3 c dried lentils - rinsed
2 large garlic cloves - minced
1 T ground cumin
2 tsp dried oregano
1 can 15-oz pinto beans - rinsed and drained
1 can 15-oz black beans - rinsed and drained
1 can 15-oz pumpkin
1/2 c mild salsa
1/2 tsp salt
5 c fresh spinach - lightly packed

Add more pumpkin and add curry - otherwise it is a bean soup

In a 6-qt. stockpot, bring first six ingredients to a boil. Cook, covered, over medium heat until lentils are tender, 20-25 minutes.

Stir in beans, pumpkin, salsa and salt until blended; return to a boil. Reduce heat; simmer, uncovered, 20 minutes, stirring occasionally.

Stir in spinach; cook until wilted, 3-5 minutes.

Pumpkin Lentil Curry with Spinach

2 T olive oil or sesame oil
1 small sweet onion - diced
2 large cloves garlic - minced
2 T red curry paste
2 c vegetable broth
1 can coconut milk
1 c pureed pumpkin
2 T tomato paste
1 c red lentils (dry)
Salt and pepper to taste
2 c baby spinach
1/4 - 1/2 cup toasted salted cashews (optional)
fresh cilantro (optional)

Heat oil in a deep skillet or large pot over medium-high heat. Add the onion and cook about 2 minutes, just until it starts to turn golden.

Stir in the garlic and curry paste and cook about 1 minute, until the curry paste is fully incorporated.

Stir in the broth, coconut milk, pumpkin, tomato paste, and lentils. Cover and cook on medium-low heat about 15 minutes, until the lentils are cooked but not too soft.

Stir occasionally. Taste and add salt and pepper to taste.

During the last 3-5 minutes of cooking, add 2 cups of baby spinach – allowing it to wilt into the curry.

Serve over rice, quinoa, cauliflower or your favorite base. If desired, add chopped roasted cashews and cilantro to the top for color, flavor, and crunch.

Pumpkin, Red Lentil & Coconut Curry

1 T coconut oil
3 cloves garlic - minced
1" piece fresh ginger - peeled and minced
1 tsp ground turmeric
1 tsp ground cumin
1 tsp curry powder
1/2 tsp ground coriander
1/2 tsp chili powder
1/2 tsp garam masala
1 c red lentils
1 lb pumpkin - diced
1 14-oz can crushed tomatoes
2 c vegetable broth
salt and pepper to taste
1 14-oz can full fat coconut milk
2 T creamy peanut butter
juice from 1/2 lemon
3.5 oz fresh spinach
sesame seeds - for sprinkling (optional)

basmati rice or flatbread (naan, roti, paratha), for serving

Heat the coconut oil in a large, deep skillet or a large saucepan and add the garlic and ginger. Cook, stirring, for a minute.

Add the turmeric, cumin, curry powder, coriander, chili powder, and garam masala and cook, stirring, for a minute more until fragrant.

Add the lentils, pumpkin, canned tomatoes, and broth. Stir to combine. Give a taste and add salt and pepper to taste.

Bring to a boil, reduce the heat to low and cover with a lid. Simmer for 25-30 minutes, until the lentils are cooked through and mostly softened and the pumpkin is tender.

Remove the lid, increase the heat, and add the coconut milk (reserve about 1/4 cup for garnish if you want to get some white color in the skillet as in my photos), peanut butter, and lemon juice.

Cook, stirring, for about 5 minutes more.

Turn off the heat and stir in the spinach. Sprinkle with sesame seeds and top with the reserved coconut milk, if desired

Serve with cooked basmati rice or Indian flatbread (naan, roti, paratha).

Vegan Winter Lentil Stew

2 T olive oil
1 yellow onion
4 cloves garlic
4 carrots (about 1/2 lb)
4 stalks celery
2 lbs potatoes
1 c brown lentils
1 tsp dried rosemary
1/2 tsp dried thyme
2 T Dijon mustard
1/2 T soy sauce
1 T brown sugar
6 c vegetable broth
1 cup frozen peas

Dice the onion and mince the garlic. Add the olive oil, onion, and garlic to a large soup pot and begin to sauté over medium heat.

While the onion and garlic are sautéing, dice the celery, then add it to the pot and continue to sauté. As the celery, onion, and garlic are sautéing, peel and chop the carrots into half rounds. Add the carrots to the pot and continue to sauté.

As the onion, garlic, celery, and carrots are sautéing, peel and cube the potatoes into 3/4 to 1-inch pieces. Add the cubed potatoes to the pot along with the lentils, rosemary, thyme, Dijon, soy sauce, brown sugar, and vegetable broth.

Briefly stir the ingredients to combine, then place a lid on the pot, turn the heat up to high, and bring the stew up to a boil. Once it reaches a boil, turn the heat down to low and let it simmer for 30 minutes, stirring occasionally.

Toward the end of the simmer time, when the potatoes are very soft, begin to mash the potatoes a bit as you stir. This will help thicken the stew.

Finally, after 30 minutes, stir in the frozen peas and allow them to heat through. Taste the stew and add salt if needed (this will depend on the salt content of your broth, I did not add any extra). Serve hot and enjoy!

Lentil Soup

4 T extra virgin olive oil
1 large onion - chopped
1 celery stalk - chopped
2 leeks, white and tender green parts - chopped
4 cloves garlic - minced
2 c lentils (green or brown)
2 c kale - chopped
1 large sweet potato - peeled and cut into large pieces
2 red potatoes - cut into large pieces
2 large carrots - peeled and cut into large pieces
1 15-oz can chopped tomatoes
4 c low-sodium vegetable broth
2 c water
1 tsp cumin
1 tsp onion powder
1/8 tsp cinnamon
salt and freshly ground black pepper to taste

Heat the oil in a large pot or Dutch oven over medium heat.

Add the onions, celery, and leeks and cook for about 4 to 5 minutes.

Stir in the garlic and cook for another minute or two.

Add the remaining ingredients and stir.

Bring to a boil, then cover, and let simmer on medium-low heat for about 30-40 minutes or until lentils are tender.

Nourishing Pumpkin Wild Rice Soup (Vegan)

2 T olive oil
1/2 large yellow onion
3 chopped carrots, about 1 1/2 cups
3 stalks chopped celery, about 1 1/2 cups
4 cloves minced garlic
1 c pumpkin puree
5 c vegetable broth
2/3 c wild rice
1/2 tsp kosher salt
1 tsp black pepper
1 tsp dried thyme
2 sprigs fresh thyme
1 bay leaf
15 ounce can of rinsed and drained cannellini beans
1 c coconut milk or dairy-free milk of choice
1 1/2 c frozen butternut squash or freshly diced/cubed

Rinse the wild rice and place it in a cup or jar with water covering it to let it soak while you prepare the other ingredients.

Heat the olive oil in a pot over medium heat. Once hot, add the onion and carrots. Saute for 2-3 minutes, then add the celery and saute for an additional 2 minutes. Add the garlic and stir until fragrant.

Add the pumpkin puree and 4 cups of the vegetable broth. Drain the wild rice and add it to the pot along with the sprigs of thyme and bay leaf. Give a stir and bring the liquid to a boil, then reduce the heat to a simmer and cover the pot.

Allow the soup to simmer for 30 minutes. Remove the lid and carefully take out the thyme and bay leaf. Stir in the remaining cup of broth along with the salt, pepper, thyme, beans, milk and squash. Cover the pot again and simmer for an additional 20 minutes, or until the rice is tender. Add salt and pepper to taste and a little more broth or milk if you'd like a thinner soup. Garnish with fresh thyme leaves and enjoy!