

Lunch Recipe: Pumpkin Coconut Bisque Soup

Ingredients

1 large pumpkin pie pumpkin

1 tbsp olive oil

2 small shallots (chopped)

4 garlic cloves (chopped)

1 tsp fresh thyme (chopped)

4 cups of chicken broth

1 cup of coconut milk

1 cup of water

1 ½ tsp Life is a Recipe® Garam Masala

1 tsp cayenne pepper (more to taste)

¼ tsp nutmeg

1 tbsp maple syrup

Red pepper flake (to taste)

Salt (to taste)

Pepper (to taste)

Instructions

1. Preheat your oven to 400 degrees.

2. Slice your pumpkin into fourths. Remove seeds and clean pumpkin. Place on a baking sheet.
3. Drizzle on the olive oil and spread evenly. Sprinkle with salt and pepper to taste.
4. Bake for 45 minutes.
5. Take a large pot and add in garlic and shallots. Saute over medium heat until shallots are soft.
6. Add in thyme. Next, add in pumpkin and 1 cup of chicken broth and puree with a hand blender.
7. Add red pepper flakes, nutmeg, maple syrup, cayenne, coconut milk, remaining chicken broth and water.
8. Stir well. Let soup simmer for 15-20 minutes.
9. Serve garnished with roasted Garam Masala pumpkin seeds.