

Turmeric Pumpkin Soup with Coconut and Lime

Recipe Adapted From [Homespun Capers](#)

Makes 6 Servings

Ingredients

- 1 large onion, peeled and roughly chopped
- 1 Tbsp coconut oil
- 3 garlic cloves, peeled and roughly chopped
- 1 tsp ground turmeric
- thumb size piece of root ginger, thinly sliced or grated
(around 1 Tbsp grated)
- 1 tsp chili flakes
- 16 oz pumpkin puree (NOT pie filling!)
- 1 cup red lentils
- 4 cups low sodium stock
- 1 cup full fat coconut milk
(the type in the can, not the carton)
- 2 Tbsp fresh lime juice (about half a lime)
- 1 tsp sea salt
- Cilantro leaves, roughly chopped (optional)



Directions

1. In a large sauce pan over high heat, sauté the onion in the coconut oil until softened. Add the garlic, turmeric, ginger, and chili flakes, and cook for a couple of minutes until fragrant. Add the pumpkin, lentils and stock, mix well and bring to boil and then cover and reduce to a simmer to cook for 20-30 min, or until the lentils are very soft and disintegrating.
2. Once cooked, use a stick or immersion blender to puree the soup in the pot, or transfer half the pot at a time to a blender or food processor to puree. Add the coconut milk and heat through, but do not boil.
3. Just before serving, add the lime juice and salt. Depending on the saltiness of the stock you used, you may need more or less salt.
4. Serve topped with cilantro, if desired.

Notes

This soup will keep refrigerated for up to 5 days. Add extra stock when reheating if soup thickens too much. If freezing, add coconut milk upon defrosting.

Nutrition Information per Serving: 240 calories, 9g fat, 450mg sodium, 29g carbohydrates, 8g fiber, 6g sugar, 12g protein