

THE GOODS

- 2 TBSP red curry paste
- 1 TBSP coconut oil
- 1 carton veggie broth
- 1 can coconut milk
- 1 medium sugar pie pumpkin
- 1 onion
- Sea salt to taste

THE METHOD:

Cut the pumpkin in $\frac{1}{2}$ and bake on a lightly oiled (coconut oil) cookie sheet in the oven for approx 1 hour (until soft). Spoon the soft flesh out (no seeds) and set aside.

Sauté the onion in the bottom of the soup pot in coconut oil until transparent. Add in broth, cooked pumpkin, curry paste, coconut milk, and salt. Simmer 20-30 min. Blend with an immersion blender or in a blender. Salt to taste. For a spicier version add extra curry paste and/or Sriracha sauce. Serve hot topped with roasted pumpkin seeds.

