



## Pumpkin Soup with Cilantro, Ginger & Salsa

**SERVES** 4-6  **PREP TIME** 1 hr 10 min **COOK TIME** 20 min

### INGREDIENTS

- 1-1/2 Tbs. minced fresh cilantro
- 1-1/2 Tbs. seeded and minced red bell pepper
- 1-1/2 Tbs. **La Fe Lime Juice**
- 1-1/2 Tbs. minced green onion
- 1 tsp. minced pickled ginger
- 1/8 tsp. seeded and minced habanero chile
- 1/2 tsp. **La Fe Brown Sugar**
- Salt and freshly ground pepper
- 1 Tbs. **La Fe Vegetable Oil**
- 1 small Sugar Pie pumpkin (about 2 lb./1 kg)
- 4 cups (32 fl. oz./1 L) low-sodium chicken or vegetable broth
- 1 large yellow onion, quartered
- 1 garlic clove, chopped
- 1 tsp. peeled and grated fresh ginger
- Salt and freshly ground pepper
- 4 Tbs. (2 oz./60 g) plain Greek yogurt

### DIRECTIONS

1. Begin by making the salsa. In a bowl, stir together the cilantro, bell pepper, La Fe Lime Juice, green onion, pickled ginger, habanero chile, La Fe Brown Sugar, 1 tsp. Salt, ¼ tsp. black pepper and the La Fe Vegetable Oil. Once the mixture is stirred evenly, let it stand at room temperature for roughly 1 hour or until it is ready to serve.
2. Following this, cut the pumpkin completely in half. Gut the pumpkin by removing the seeds. Now using a sharp knife, cut off the skin of the pumpkin by following the contours of the pumpkin. Make sure to cut the flesh of the pumpkin into ½ inch chunks. You will be left with roughly 3 ½ cups.
3. Once you have completed this process, in a soup pot over medium heat, combine the pumpkin, broth, onion, garlic, ginger, 1 tsp. salt and a pinch of pepper. Now bring the mixture to a boil and cook, making sure to stir frequently until the pumpkin is tender. This process should take roughly 15 minutes.
4. Once you have completed the cooking process, remove the mixture from the heat and let it cool slightly. Now transfer the soup into a blender and process it until it is completely smooth. Following this, transfer it back into the pot.
5. Finally, reheat the soup gently over medium heat and adjust the seasoning as you see fit. Garnish each serving with about 1 Tbs. of the salsa and 1 tbs. of the yogurt.

Now enjoy!