

Fwd: FW: vegan coconut pumpkin soup

1 message

Carlton Chan <cdc.gobears@gmail.com>

Tue, Dec 31, 2019 at 6:52 PM

To: Annette Chan <annettechan8@gmail.com>, Denise Chan <deniseschan@gmail.com>

----- Forwarded message -----

From: **Chan, Carlton** <carlton.chan@ebmud.com>

Date: Mon, Dec 16, 2019, 9:18 AM

Subject: FW: vegan coconut pumpkin soup

To: Carlton Chan (cdc.gobears@gmail.com) <cdc.gobears@gmail.com>

From: Stobaugh, Ammie**Sent:** Monday, December 16, 2019 9:17 AM**To:** Chan, Carlton**Subject:** vegan coconut pumpkin soup

This is my recipe that you asked for last week.

Crockpot Coconut Pumpkin Soup (vegan)

- 1 ½ cups diced onion
- 3 cloves minced garlic
- 1 tbsp fresh minced ginger
- 1 medium jalapeño, minced
- 1 medium sweet potato, diced (skin on)
- 1 15-ounce can diced fire roasted tomatoes with green chilies
- 2 cups vegetable broth (**if using chicken broth, I use bone broth for more protein**)
- 1 tbsp ground cumin
- 1 tbsp chili powder (or add more to taste)
- 1 14-oz can light coconut milk (or sub full fat for a creamier soup)
- 1 cup canned pumpkin pureé
- 1 15-ounce can chickpeas, drained
- 3 Tbsp lime juice
- Sea salt and pepper to taste
- 3 cups chopped greens (**optional**)

When using an
Instant Pot,
cook for 17
minutes and
then do a
natural release
(not quick
release).

Mix everything but greens in the crockpot and set to low. I let it simmer until I get home, then taste and add spices as needed. Before serving, add greens (if using) and stir until wilted (this will make the soup more stew-like – omit if you want a more liquid soup). Serve topped with a big bunch of chopped cilantro and a sprinkle of red pepper flakes and some green onions.

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2 attachments

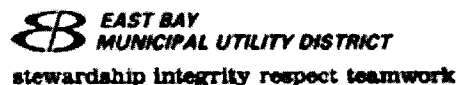


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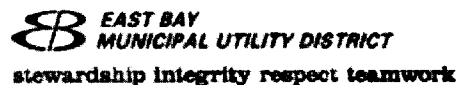


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