



WFPB Orange You Glad I Made Soup

From: Jeff Spurgess

Serves: 20+

Prep Time: 30 min

Cook Time: 1.5 hours

Instructions

- 1) Preheat air frying oven to 450. Prep sweet potatoes, pumpkin, squash and garlic; skin and seed the squash, then cube with the sweet potatoes. Normally I'd leave the skin on the sweet potatoes, but remove the skin (strictly for color). Remove when everything is golden brown and starting to get burnt.
- 2) In a huge pot, put broth, diced onion, turmeric, 2/3 of the celery diced, 1/2 of the tomatoes, & 1/3 of the carrots ...cook while the roasting is happening.
- 3) Add 1/4 of the squash and 1/4 of the pumpkin to the pot along with the roasted garlic salt and pepper and blend with an immersion blender until smooth.
- 4) Add the bell peppers, rest of the carrots, tomatoes and celery and cook until carrots are tender.
- 5) Add the rest of the pumpkin, butternut squash, sweet potatoes along with the chickpeas, nutritional yeast, coconut milk and cantaloupe and simmer to allow the flavors to meld together.
- 6) Top with orange carrot chips!

Notes

We were advised not to serve this at parties that have high quantities on alcohol—thanks Arob!

Ingredients

- Vegetable Broth/stock – 3 boxes
- Onion – 1 large chopped
- Celery – whole stalk
- Turmeric—1/2 lb minced
- Orange Habanero – 2 chopped
- Orange cherry tomatoes—1 lb halved
- Garlic – 2 whole heads
- Carrots – 3 lbs
- Orange Bell peppers—2 diced
- Sweet Potato – 3 large
- Pumpkin—1 small
- Butternut Squash—1 medium
- Cantaloupe—1/2
- Nutritional yeast – ½ cup
- Coconut Milk – 2 cans lite
- Chickpeas—4 cans rinsed/drained
- Salt – 2 tablespoons
- Pepper – 2 tablespoons

Topper:

- Optional: mix in orange habanero sauce
- Orange carrot chips!

