



# The Ultimate Vegan Pumpkin Soup

## Description

*This creamy and comforting vegan pumpkin soup is a true autumnal delight! The velvety texture of pumpkin blends beautifully with warming spices, and the addition of fresh parsley and juicy pomegranate seeds gives it a burst of color and flavor. This soup is not only nourishing but also elegant enough to serve at any gathering.*

## Ingredients:

### For the Soup:

- 1 small sugar pumpkin (or 3 cups canned pumpkin purée)
- 1 tablespoon olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- ½ teaspoon smoked paprika

- 4 cups vegetable broth
- 1 cup full-fat coconut milk
- 1 tablespoon maple syrup (optional, for added sweetness)
- 1 teaspoon sea salt (adjust to taste)
- ½ teaspoon black pepper
- 1 tablespoon lemon juice

### **For the Garnish:**

- ¼ cup fresh parsley, finely chopped
- ¼ cup pomegranate seeds

## **Instructions:**

### **1. Roast the Pumpkin (Skip if Using Canned)**

- Preheat your oven to 400°F (200°C).
- Cut the pumpkin in half, remove seeds, and place it cut-side down on a baking sheet.
- Roast for 30-35 minutes until soft, then scoop out the flesh.

### **2. Sauté the Aromatics**

- In a large pot, heat olive oil over medium heat.
- Add diced onion and sauté for 3-4 minutes until translucent.
- Stir in garlic, cumin, cinnamon, and smoked paprika; cook for another minute until fragrant.

### **3. Cook the Soup**

- Add the roasted pumpkin (or canned pumpkin) and vegetable broth.
- Bring to a gentle simmer and let cook for 10-15 minutes.
- Stir in coconut milk, maple syrup (if using), salt, and black pepper.

- Remove from heat and blend using an immersion blender or transfer to a high-speed blender for a silky smooth texture.

#### **4. Final Touches**

- Stir in lemon juice to brighten the flavors.
- Adjust seasoning if needed.

#### **5. Serve & Garnish**

- Ladle the soup into bowls.
- Sprinkle fresh parsley and pomegranate seeds on top.
- Serve warm and enjoy!