

Botanigals Curried Pumpkin Soup

(Vegan)



2 cups steamed and cubed pumpkin (set aside 1 cup)

2-3 large sweet potatoes peeled and cubed set in a dish of cold water to prevent browning

4 cups of vegetable broth (we make our own and that includes the salt for this dish)

4 Tablespoons of canola or coconut oil

1 teaspoon black or yellow mustard seeds

4 Tablespoons ginger paste (grated ginger in a bit of water you can blend if desired)

4 Tablespoons garlic paste (cloves grated garlic in a bit of water you can blend if desired)

¼ cup fried onion paste (mashed caramelized onion) but ¼ cup of diced red onion will do

4 teaspoons of your choice of Botanigals' Masalas (we mix 2 tsp of each sometimes)

2 teaspoons coarse or kosher or sea salt (add it to your broth if you make your own veggie stock)

1 can of coconut milk

2 Tablespoons of honey

¼ cup finely chopped fresh cilantro leaves and tender stems

Heat the oil in a large saucepan over medium heat. Sprinkle mustard seeds across the shimmering oil and firmly fit the lid. The mustard seeds will pop like popcorn for 30 seconds to one minute.

Carefully add the garlic and ginger pastes, it will spatter. Stir fry until brown about 1 minute.

Add the sweet potatoes and brown. Sprinkle *botanigals'* masala curry powders overtop and heat until fragrant, without scorching the spices.

Add 2 cups of the vegetable broth, the Fried Onion Paste, and 1 cup of the pumpkin. Scrape the bottom of the pan to release the browned bits and spices. Add the remaining broth.

Add the coconut milk and bring to a boil, stirring occasionally. Reduce the heat to medium-low, cover the and simmer, stirring, until the sweet potatoes are fork-tender, 20 to 25 minutes. Divide half of the soup and puree (or use a hand blender sparingly on half of the contents). Add the remaining cup of pumpkin and the honey. Stir to dissolve the honey, remove from heat, and let the flavours blend for 10 more minutes.

Stir in the ¾ of the cilantro and serve.

Garnish with pumpkin and or sunflower seed, toasted or not, more fresh cilantro, and a bit of yogurt.