

Creamy Ginger Pumpkin Soup



For cold weather, nothing better than a delicious soup! We are going to share with you a tasty recipe to prepare in the coldest rainy season.

Ingredients

- 500g pumpkin, peeled and diced;
- 1 medium onion, chopped;
- 2 cloves of garlic, minced;

- 1 small piece of fresh ginger, peeled and chopped;
- 3 cups of vegetable broth (or water);
- 1 cup of coconut milk;
- 2 tablespoons of olive oil;
- Salt and pepper to taste;
- Roasted pumpkin seeds for garnish (optional).

Preparing the soup

Sautéing the Aromatics In a large saucepan, heat the oil over medium heat. Add chopped onion, garlic and ginger. Saute until the onion is translucent and fragrant.

Cooking the Pumpkin Add the pumpkin cubes to the pan and saute for a few minutes, stirring occasionally.

Adding broth and cooking Pour the vegetable broth (or water) into the pot, covering the ingredients. Season with salt and pepper to taste. Bring the soup to a boil, then reduce the heat to medium-low. Cook until the squash is tender and easily squashed with a fork.

Pumpkin Cream Using a blender or hand mixer, process the soup until smooth.

Adding the Coconut Milk Return the soup to the pot and add the coconut milk. Mix well until everything is incorporated and the soup is heated through again.

Adjusting the Flavor Taste and adjust the seasoning, adding more salt, pepper or ginger if needed.

Time to serve

Serve the soup hot in individual bowls.

If desired, garnish with toasted pumpkin seeds for a crunchy touch.

This pumpkin ginger soup is perfect for warming and comforting during rainy days. The mellow flavor of pumpkin combined with the spicy note of ginger creates a deliciously balanced dish. Enjoy with fresh bread or toast for a cozy meal.

Video Recipe

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