



## Roasted Pumpkin Ginger Soup with cinnamon & thyme

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*Yields: 4-6 servings*

- 1 small to medium pie pumpkin
- Avocado oil
- 1 medium sweet or white onion, *chopped*
- 4 carrots, *chopped*
- 2 garlic cloves, *minced*
- ¼ c. white wine (*optional*)
- 3 c. bone broth or stock of choice
- 2 sprigs fresh thyme, *leaves removed*
- 3 fresh sage leaves, *minced*
- 2" knob fresh ginger, *peeled & grated*
- 1 tsp. ground cinnamon
- Sea salt & pepper, *to taste*

*Optional to garnish: toasted pepitas & good quality EVOO*

### **Directions:**

Preheat oven to 375F. Line a baking sheet with foil or parchment. Cut the pumpkin in half and scoop out the seeds. Coat the inside flesh generously with avocado oil, salt, and pepper. Cook the pumpkin cut side down for 60-75 minutes (dependent on the size of your pumpkin), or until fork tender. Set aside until cool enough to handle, about 15 minutes. Scoop the flesh out and reserve for soup.

Heat a large soup pot or dutch oven over medium high heat. Grease generously with avocado oil and add the onion, carrot, and garlic. Sauté until softened, about 10 minutes. Add the white wine and scrape any browned bits from the bottom. Add the broth, reserved pumpkin, thyme, sage, ginger, and cinnamon. Stir well. Cover and cook 20 minutes.

Remove from heat and puree with either an immersion blender or by small batches in a high-powered blender (*take care with this method: blending hot mixtures can cause pressure build up in blenders, which can equal eruptions and burns!*). This step is optional, as the soup can also be enjoyed chunky. Season with salt and pepper to taste and garnish with toasted pepitas, as desired.