



SPICY THAI PUMPKIN SOUP

Angela Litzinger @ angelaskitchen.com

EACH BATCH SERVES EIGHT.

INGREDIENTS	X1	X2	X3	X4
Olive Oil	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Coconut oil	1 tablespoon	2 tablespoons	3 tablespoons	1/4 cup
Shallots, diced (you can replace with sweet yellow onions)	8 (about 1 cup)	16 (about 2 cups)	24 (about 3 cups)	32 (about 4 cups)
Cloves garlic, minced	2	4	6	8
Small fresh red chili pepper, seeds removed and chopped	2	4	6	8
Chopped lemon grass	2 tablespoons	1/4 cup	6 tablespoons	1/2 cup
Peeled and chopped pumpkin (1/2" cubes with seeds removed)	8 cups	16 cups	24 cups	32 cups
Gluten free chicken stock	4 cups	8 cups	12 cups	16 cups
Canned coconut milk (NOT light)	3 cups	6 cups	9 cups	12 cups
Fresh basil leaves or Thai basil	1/2 cup	1 cup	1 1/2 cups	2 cups

In a soup pan over medium heat, heat oils. Sauté shallots, garlic, peppers, and lemongrass until shallots are translucent. Do not allow garlic or shallots to burn or caramelize.

Stir in pumpkin and chicken stock. Bring to a boil, then reduce heat to a simmer. Cook until pumpkin is tender and can be pierced with a fork.

Remove from heat and stir in coconut milk. Using an immersion blender, blend soup until smooth. OR working in small batches, blend soup in a blender until smooth (do not fill blender more than 1/3 full of hot soup to blend or top may blow off burning you and making a mess).

To freeze: After blending soup, allow to cool. Stir in torn basil. Package in a gallon sized freezer bag or in individual lunch sized containers. Remove as much air as possible, label and freeze.

To serve: Thaw. Warm until heated through.