



STAGE KITCHEN  
PURE & SIMPLE

# CREAMY SPICED PUMPKIN SOUP

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**SERVES 4**

*Pumpkin is such a gift from mama nature. Sweet, delicious, easy to cook and so versatile. Soup is also such an easy meal to make and you always feel good after a hearty bowl of it. This recipe adds a little twist to an old favourite and is perfect for the colder months with its warming spices. In Chinese Medicine our body's middle is related to the 'earth element'. Our centre, the part that creates the new us. This element (like the other 4) has a colour it is strengthened by which is orange (or yellowy orange) and its flavour is sweet. That means eating sweet (the good natural sweet of course) and orange coloured foods strengthen this element and its organs - the spleen (and its partner the stomach).*

*Preparation: 5 minutes    Cooking time: 25 - 40 minutes    Need: hand stick blender*

**1.5 kg pumpkin (skin on – I use JAP pumpkin) cut into 1-2 cm cubes**  
**1 medium brown onion – finely diced**  
**2 – 3 cloves of garlic – finely grated / diced**  
**1 tablespoon coconut oil**  
**3 bay leaves**  
**½ teaspoon ginger powder**  
**½ teaspoon turmeric powder**  
**1 teaspoon cumin powder**  
**1 tin cannellini beans (rinsed and drained)**

**1 cup stock (or equivalent in powder form)**  
**water**  
**salt + pepper to taste**

**optional garnish:**  
**100g pepitas**  
**2 teaspoon maple syrup**

Heat a medium to large pot on medium heat – add coconut oil. Then add onions and garlic and gently brown. Add the dried spices and gently cook off.

Add the pumpkin cubes, season well and allow them to coat in the spices and gently brown a little. Add the bay leaves then enough stock &/or water to cover the pumpkin well (you can always adjust the fluid amount later).

On a medium to high heat cook the pumpkin until soft - cover with a lid half on. Once soft remove the bay leaves, add the beans then blend the soup (hand blender is best) until smooth. Add a extra fluid if needed to balance the consistency. Check seasoning. Let cook for another few minutes.

Enjoy xx \*\* This recipe is freezer friendly.

Optional garnish : add 100g pepitas (pumpkin seeds) to a hot dry pan and gently toast. Then add 2 teaspoon maple syrup and allow to caramelize - this usually only takes 1-3 minutes. Pour out onto grease proof paper and let cool. Any extra can be stored in an airtight jar in the fridge.