

Plant a Row • Grow a Row & Soupalicious Toronto 2013 invite you to

Sip, Slurp and Savour ...

Alphonsa's Gourmet Roasted Spiced Pumpkin Soup

Ingredients

- 4 CUPS ROASTED PUMPKIN PUREE
- 1 TABLESPOON OLIVE OIL
- 1 SMALL SWEET ONION
- 1 TEASPOON GARLIC
- 6 CUPS VEGETABLE BROTH
- ½ TEASPOON GINGER
- ½ TEASPOON ALL SPICE
- ¼ TEASPOON CINNAMON
- ¼ TEA SPOON NUTMEG
- 2 TABLESPOONS MAPLE SYRUP
- 2 TABLESPOONS UNSALTED BUTTER
- 1 TEASPOON SEA SALT
- 1 CUP OF COCONUT MILK



soupalicious.ca

DIRECTIONS:

Preparing the Pumpkin:

1. Cut the pumpkin in half.
2. Remove seeds.
3. Drizzle olive oil onto both halves and roast it in the oven (350 F) until pumpkin is tender
4. Remove the skin off the pumpkin.

Making the Soup:

1. In a large pot, heat olive oil at medium heat on stove.
2. Add onions and garlic to olive oil and cook until the onions are tender.
3. Add pumpkin and vegetable broth and cook for another 20 minutes.
4. Add spices and maple syrup butter and salt.
5. Let soup simmer for 5 minutes.

Garnish soup with coconut milk and serve.



Recipe Courtesy of Alphonsa's Gourmet.
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For more information, visit www.growarow.org

Soupalicious is an event held to support the veggie-growing and food-sharing program, Plant a Row • Grow a Row. To help all those in need, plant and grow an extra row of your favourite veggies and donate the harvest to your local food bank.