

Pumpkin, Turmeric & Ginger Soup

By [Ashley Alexander](#)

**Gather
& Feast**

It seems like everyone has their own little secret ingredient for the perfect homemade pumpkin soup. For me, I love to add a tablespoon of natural peanut butter to bring out the nuttiness of the pumpkin. Additionally, I sauté the vegetables and spices in a couple of tablespoons of ghee before adding the stock and water. This process imparts a lovely flavour to the soup and complements the earthy freshness of the ginger and turmeric. YUM!

SERVES 8 | **PREP TIME** 20 minutes | **COOK TIME** 50 minutes | **TOTAL TIME** 1 hour 10 minutes

INGREDIENTS

Soup

- 2 tablespoons ghee or butter (use coconut oil or olive oil for vegan option)
- 1 large brown onion, finely chopped
- 2cm piece fresh turmeric, finely chopped -OR- 1 teaspoon ground turmeric
- 4cm piece fresh ginger, finely chopped
- 2 large cloves garlic, finely chopped
- Large pinch of chili flakes, adjust to your taste
- 1.2 kilos Japanese pumpkin (kabocha squash), peeled & roughly chopped (or butternut pumpkin)

- 5 large carrots, peeled & roughly chopped
- 1 tablespoon natural peanut butter
- 1 litre vegetable stock
- 1.5 litres boiling water

Toppings

- Plain unsweetened Greek yoghurt
- Fresh herbs such as chives, fresh oregano, parsley or micro shiso
- Something crunchy like roasted walnuts, pumpkin seeds, or hazelnuts

METHOD

1. Heat the ghee or butter in a large deep pot over medium heat.
2. Add chopped onion, turmeric, ginger, garlic, and chili flakes. Sauté until onions are translucent and aromatic.
3. Add chopped pumpkin and carrots to the pot. Sauté for 5-10 minutes until they begin to soften and caramelize.
4. Stir in peanut butter until well combined.
5. Pour in vegetable stock and boiling water, ensuring vegetables are submerged. Add salt and pepper to taste.
6. Cook uncovered on medium-low heat for 30 minutes or until vegetables are tender.

7. Using a hand-held immersion blender, blend the soup until smooth. Alternatively, carefully blend in batches using a countertop blender suitable for soups.
8. Adjust seasoning if needed and serve hot.
9. Garnish each bowl with a dollop of plain yogurt or coconut cream, fresh herbs, and a sprinkle of crunchy toppings like roasted nuts or seeds.

NOTES

Use a large deep pot for cooking to accommodate all the ingredients comfortably and prevent spills during blending.

If fresh turmeric is not available, you can substitute it with 1 teaspoon of ground turmeric.

The amount of chili flakes can be adjusted according to personal spice preferences. Increase or decrease the quantity based on how spicy you prefer the soup to be.

Store leftover soup in an airtight container in the refrigerator for up to 3-4 days. Reheat gently on the stovetop over medium heat or in the microwave.

Customise toppings based on preference. Besides plain yogurt or coconut cream, consider adding a swirl of cream, a sprinkle of fresh herbs like chives, fresh oregano, parsley or micro shiso, and a crunchy element such as roasted nuts or seeds for added texture and flavour.



Find the recipe and watch the video online:

<https://www.gatherandfeast.com/pumpkin-turmeric-ginger-soup>

Let me know if you make the recipe! x **@gatherandfeast**