



cara price

PUMPKIN TRUFFLE SOUP

INGREDIENTS

- 1/4 cup olive oil
- 3-15 oz cans organic pumpkin puree
- 1-13.5 oz can full fat coconut milk
- 6 cloves garlic, minced
- 3 shallots, finely sliced
- 2 cups organic vegetable broth
- 1 tablespoon white truffle oil
- 1-1/2 teaspoons sea salt
- 1/2 teaspoon of each: pepper, allspice & dried thyme

*make sure this is pure pumpkin & not a pumpkin pie mix

DIRECTIONS

in a 4 quart stock pan, heat olive oil over medium-high. sauté shallots for 3-5 minutes, just until they become translucent & slightly brown. add in minced garlic & cook for 1 minute longer.

add in pumpkin puree, coconut milk, vegetable broth & all spices.

bring to a low boil {turn down heat if necessary to keep the soup from scorching} for about 5 minutes, stir occasionally.

cover & simmer on low 15-20 minutes. stir in truffle oil & serve.

this soup reheats well, so feel free to keep it refrigerated for up to 4 days.