



trifit

health. energy. performance.

### Thai Coconut Pumpkin Soup

Put some exotic flare into your recipe repertoire! Leftover cooked and mashed sweet potato can also be used in place of pumpkin.

#### INGREDIENTS

- 2 Tbsp (30mL) coconut oil
- 1 onion, finely chopped
- 2 cloves garlic, minced
- 1 Tbsp (15mL) red Thai curry paste
- 2 Tbsp (30mL) fish sauce or tamari
- 2 Tbsp (30mL) Sucanat or brown sugar
- 2 cups (500mL) canned, pureed pumpkin
- 3 cups (750mL) low-sodium chicken or vegetable broth
- 1 cup (250mL) coconut milk
- 1 Tbsp (15mL) lime juice
- Fresh cilantro (optional)
- Dried, toasted coconut (optional)

#### PREPARATION

In a large pot heat oil to medium. Add onion, garlic, and curry paste. Sauté for 5 minutes. Add in fish sauce, sugar, pumpkin, chicken broth, and coconut milk. Stir until combined. Bring to a boil, reduce to a light simmer. Partially cover and cook for 20 minutes. Transfer soup to blender and puree on low until very smooth. Return back to pot, add lime juice and heat gently until ready to serve.

Serves 4

Recipe adapted from [www.foodnetwork.ca](http://www.foodnetwork.ca)