

Roasted Pumpkin Coconut Soup

Ingredients

- 4 lb Pumpkin (use 4 cups of cooked pumpkin)
- 1 T Unsalted Butter
- 2 Carrots (chopped)
- 1 Pear (chopped)
- 4 c Chicken Stock
- 13 1/2 oz Coconut Milk
- 2 t Ground Cumin
- 2 t Ground Cinnamon
- 1 t Ground Ginger
- 1/2 t Red Pepper Flakes

Instructions

- 1.Preheat your oven to 350°F.
- 2.Carefully cut the top off of your pumpkin and then cut it in half. Large serrated knives can be easier. Then cut the pumpkin into quarters. Coat the inner surfaces of your pumpkin sections with butter, partially melted works best.
- 3.Place your pumpkin shell side down in your baking pan with 1/2 cup water and bake for 20 to 25 minutes. You are looking for the pumpkin to pull away from the shell.
- 4.Allow your pumpkin to cool and then use a large fork to pull it from its shell, place it in a large bowl and mash it. Add 4 cups of mashed pumpkin to your slow cooker, along with the rest of the ingredients. Cook on low heat for 5 to 6 hours.

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5. Use immersion blender to puree soup as desired, or transfer the contents of slow cooker to food processor or blender.