Thai Pumpkin Soup

Overview
This delicious soup is sure to warm you up on a cold winter day. The pumpkin gives a mild sweet flavor, while the crushed red pepper flakes add a little heat!

Adapted from The Feast Nearby by Robin Mather

Ingredients
- 2 tbsp canola oil
- 2 tbsp fresh ginger, grated
- 3 cloves garlic, minced
- 1 tsp crushed red pepper flakes
- 1 can (798mL) pumpkin (NOT pumpkin pie filling, look for pure pumpkin)
- 5 cups low-sodium broth
- 1/2 cup red lentils
- 1/4 cup smooth peanut butter
- 2 tbsp rice wine vinegar
- 1/4 cup green onion, chopped
- 1/2 cup fresh cilantro plus extra for garnish, chopped
- 2 cups milk

Yield: 6 servings

Directions
- In a large soup pot, heat oil over medium heat.
- Add ginger, garlic and red pepper flakes. Cook until fragrant, about 3 minutes.
- Add pumpkin, broth and red lentils to soup pot.
- Bring to a boil. Reduce heat to low. Cover and let simmer for 20-30 minutes, until lentils are soft.
- Add peanut butter and vinegar to soup pot.
- Using a hand blender, puree soup until smooth.
- Add green onion, cilantro and milk to soup pot. Stir well.
- Cook soup on low heat for an additional 5 minutes.
- Ladle soup into bowls and sprinkle with chopped cilantro.