

Healthy Creamy Pumpkin Soup

A thick and creamy Pumpkin Soup that you want to eat over and over again

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INGREDIENTS

(makes 4 portions)

- 1 small hokkaido pumpkin/squash (about 1kg)
- 2 big potatoes
- 5 small white onions
- fresh thyme
- salt
- black pepper
- dry chili
- olive oil
- 500 ml of water
- 400 ml of coconut milk (one can)



DIRECTIONS

1. Half the pumpkin, remove the seeds and cut both halves into fours.
2. Peel and cube the potatoes.
3. Peel and cut the onions.
4. Take a big casserole dish, add all vegetables to it and also the fresh thyme. Season generously with salt and with some black pepper and chili (if you wish). Drizzle with olive oil and cover with aluminium foil.
5. Bake in 200°C in the middle shelf of the oven for an hour or until all of the vegetables are soft.
6. Remove from the oven, uncover and allow to cool a little.
7. Remove the pumpkin from the skin and add to a medium pot along with the rest of the vegetables. Make sure to get the delicious oil at the bottom of the pan into the pot as well.
8. Add water and coconut oil, mix well and bring to boil over medium heat.
9. Remove from heat and blend with an immersion blender until you get a smooth, lump-free soup.
10. Taste for salt and add more if needed.
11. Serve warm with a topping of our choice (serving suggestion on website).