

Tomato & Pumpkin Soup with Caribbean Spices

Tomatoes are often still flavorful in October. Look for those that are vine-ripened or locally produced—and if that is not an option, choose a similar weight of cherry tomatoes that have much more flavor—5 cherry tomatoes will equal 1 medium tomato. The tomatoes add a delightful tangy flavor to this soup.

October also features pumpkins in a big way. But the pumpkins people use for Halloween night in the US are on the tough side when cooked. The smaller pumpkins (called pie or sugar pumpkin) are creamier and sweeter than their larger cousins. For this dish, you can use fresh cooked pie pumpkin, yet canned pureed pumpkin is easier and works nearly as well.

If you prefer, substitute the coconut milk with unsweetened almond milk or organic low-fat cow's milk.

Serves: Four **Prep Time:** 35 Minutes

Ingredients:

1 tablespoon avocado oil
1 medium onion, chopped
4 medium garlic cloves, chopped
1 tablespoon ginger root, peeled, and grated
2 cups vegetable low-sodium vegetable broth
15 ounces pumpkin puree
4 medium tomatoes, chopped (or 20 cherry tomatoes)
¼ teaspoon sea salt
½ teaspoon ground cinnamon
½ teaspoon ground nutmeg
1 cup coconut milk (whole coconut milk that typically comes in a can)
Optional: 1-2 tablespoons honey (if you need a touch of sweetness)

Garnish: A drizzle of coconut milk into the soup once in a bowl

Directions:

Heat a large pot to medium-high heat. Add avocado oil, then the onion and stir occasionally for 2-3 minutes until very lightly browned.

Add garlic, ginger, and reduce heat to medium and heat another 1 minute while stirring.

Add stock and chopped tomatoes, salt, cinnamon, nutmeg, and coconut milk, bring to a gentle boil. Simmer for 15 minutes.

Transfer to a blender and puree in batches until smooth. Pour into serving bowls.

Garnish with a drizzle of coconut milk in each bowl and serve.

Enjoy,

Steven Masley, MD