



powered by

navigate°

RECIPE

Vegan Turmeric Pumpkin Soup

INGREDIENTS

- 1 tablespoon olive oil
- 1 medium yellow onion, chopped (approx 1 cup)
- 3 medium garlic cloves, minced
- 2 tablespoons chopped sage (approx 10 sage leaves)
- 4 cups vegetable broth
- 1 15oz can pumpkin puree
- 1 15.5oz can cannellini beans
- 1 teaspoon turmeric
- ½ teaspoon nutmeg
- 1 teaspoon salt
- Pepper to taste
- Optional: Pepitas for garnish

INSTRUCTIONS

1. In a 4 quart pot, heat olive oil over medium heat.
2. Add onion and cook for 5-7 minutes, or until translucent. Add garlic and sage and cook for another minute, or until fragrant.
3. Add broth, pumpkin, beans, turmeric, nutmeg and salt and stir to combine. Bring to a simmer.
4. Transfer to a high-speed blender or use an immersion blender to puree the soup. If using a high-speed blender, transfer soup back to the pot. Let cook for 5-10 more minutes on medium-low heat. Add pepper to taste.
5. Optional: Garnish soup with pepitas (pumpkin seeds).

Total Time (Cook and Prep):

20 minutes

Servings: 4



NUTRITION INFO

(per serving)

Calories 208

Fat 5g

Total Carbohydrate 31g

Dietary Fiber 9g

Sugars 8g

Protein 10g

Source:

<https://karalydon.com/recipes/vegan-turmeric-pumpkin-soup/>