

# Easy Creamy Pumpkin Soup

Yield: 4 min  
Total Time: 60 min

Recipe from: <https://www.recipeschoose.com/recipes/russian-pumpkin-soup-recipe>

## Ingredients:

- 2 pounds pumpkin deseeded, peeled and cut into chunks
- 1 yellow onion diced
- 1 medium carrot diced
- 2 celery stalks sliced
- 4 garlic cloves skin on
- 3 cups vegetable stock
- 1/2 cup cashew
- 2 tablespoons olive oil divided
- sea salt
- Sea salt and fresh ground pepper to taste
- 1/3 cup coconut milk canned
- 1/2 teaspoon cumin powder
- 1/2 teaspoon cinnamon powder

## Nutrition:

1. Calories: 360 calories
2. Carbohydrate: 35 grams
3. Fat: 24 grams
4. Fiber: 6 grams
5. Protein: 9 grams
6. SaturatedFat: 7 grams
7. Sodium: 930 milligrams
8. Sugar: 8 grams

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