



### **Autumn “Bowl of Plenty” Soup**

*Guess the flavorful, autumn ingredients of abundance & nourishment*

- 2 Tablespoons avocado oil
- 1-1/2 cups chopped onions
- 16 ounces (2 cups) peeled, chopped butternut squash
- 8 ounces sliced carrots
- 2 Tablespoons minced garlic
- 2 Tablespoons minced fresh ginger
- 1/4 teaspoon ground black pepper
- 1/2 teaspoon (each) dried thyme; ground cinnamon; curry powder
- 1/8 teaspoon ground nutmeg
- 5 cups vegetable or chicken broth or stock
- 1/3 cup white miso
- 1 cup pumpkin puree
- 1 (13 oz.) can coconut milk

**Garnish:** Red pepper relish drizzle; cilantro leaves; coarse crushed potato chips

1. Place oil in large soup pot over medium high heat. Add onions; sauté to lightly brown about 5 minutes. Add squash, carrots, garlic, and ginger; cook for about 5

minutes. Add black pepper, thyme, cinnamon, curry powder, and nutmeg; toss for about 1 minute.

2. Stir in broth or stock, white miso, and pumpkin puree; bring to a boil; reduce heat low boil; cook for about 20 to 30 minutes or until vegetables are tender.
3. Remove from heat, puree soup with an immersion blender or after cooling, use a blender. (Please Note: Hot soup will steam in the blender and may push the top off so puree in batches, remove or loosen the center cap from the lid of the blender. Place a towel over the top of the blender.)
4. Replace into soup pot; stir in coconut milk until well blended. Taste and if desired, add additional white miso to taste for a stronger salty taste.

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5. Serve in bowls: Garnish with dots of red pepper drizzle, some cilantro leaves, and a few crushed potato chips for texture, Yield: serves: about 4 to 6

**About the Recipe:** This autumn soup is filled with golden flavors of squash, pumpkin, and carrots. Miso adds savory umami flavor, nutrition, and even some added health benefits. Top with a few drizzles of red pepper relish sauce, some bright green cilantro leaves, or even add a few crushed potato chips for a surprise crunch. Enjoy the abundance of the autumn harvest.