



Roasted Pumpkin Soup

Serves 4-6

Ingredients:

4 Tbsp. olive oil, divided
One Cinnamon Girl pumpkin
1 onion, chopped
2 cloves garlic, minced
¼ teaspoon ground cinnamon
¼ teaspoon ground nutmeg
3 cups vegetable broth
½ cup coconut milk
2 Tbsp. maple syrup
Salt and pepper, to taste

Preparation:

1. Preheat oven to 425°F.
2. Carefully cut the top off of the pumpkin, and then cut it in half.
3. Brush or rub 1 Tbsp. olive oil over the flesh of the pumpkin and place the halves, flesh-side down, onto a baking sheet. Roast for 35 minutes or until the orange flesh is easily pierced through with a fork. Set it aside to cool.
4. While pumpkin is roasting, work on the Root Vegetable Slaw recipe.
5. Heat the remaining 3 Tbsp. olive oil in a large pot over medium heat. Add onion and garlic, and stir to combine. Cook, stirring occasionally, until onion is translucent, about 5 minutes.
6. In the meantime, scoop the seeds out of the cooled pumpkin, peel the skin off, and discard. Add the pumpkin flesh, cinnamon, nutmeg, and salt and pepper to the pot. Use your stirring spoon to break up the pumpkin. Pour the broth in, bring the mixture to a boil, then reduce heat and simmer for about 15 minutes.
7. Once the pumpkin mixture is done cooking, stir in the coconut milk and maple syrup.
8. Allow soup to cool slightly, and carefully puree the soup in batches in a blender, or use a stick blender to puree the soup right in the pot.
9. Transfer the puréed soup to a serving bowl and repeat with the remaining batches.



Root Vegetable Slaw with Orange-Cumin Dressing

Serves 4-6

Ingredients:

Zest and juice of 1 orange (about 1 tablespoon zest, 1/2 cup juice)
1 tsp. cumin powder
3 Tbsp. rice vinegar
1 Tbsp. extra virgin olive oil
½ tsp. sugar
1 cup carrot, shredded or julienned
1 cup beets, shredded or julienned
1 cup turnips, shredded or julienned
1 cup cabbage leaves, shredded or julienned
Salt and pepper, to taste

Preparation:

1. In a large bowl, whisk together the orange zest and juice, cumin, vinegar, olive oil, and sugar.
2. Peel the carrots, beets, and turnips. Shred/julienne carrots, beets, turnips, and cabbage, and add to the bowl.
3. Toss to combine. Season with salt and pepper. Store in fridge until ready to serve.