



## Immunity Boosting Pumpkin Soup

with Fried Ginger & Crispy Kale



30-40min



2 Servings

This pumpkin soup is savory and warming—and it's chock-full of good-for-you ingredients! Pumpkin purée is full of fiber and vitamins C and E. We pair it with onions, sweet potatoes, garlic, and ginger for a soup with anti-inflammatory and antioxidant benefits (plus these nutritious ingredients add a ton of flavor!). Crispy kale, fried ginger, and a sesame seed topping give this hearty soup a delightful crunch.

## What we send

- 1 yellow onion
- 1 sweet potato
- garlic
- 1 oz fresh ginger
- ¼ oz ground cumin
- 15 oz can pumpkin purée
- 3 (½ oz) tamari soy sauce <sup>6</sup>
- 1 oz nutritional yeast
- 1 bunch curly kale
- ¼ oz fresh cilantro
- ¼ oz mixed sesame seeds <sup>11</sup>

## What you need

- olive oil
- kosher salt & ground pepper
- apple cider vinegar

## Tools

- microwave
- medium pot
- rimmed baking sheet
- immersion blender

## Allergens

Soy (6), Sesame (11). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

## Nutrition per serving

Calories 520kcal, Fat 25g, Carbs 60g, Protein 11g



### 1. Prep ingredients

Halve **onion** and thinly slice. Peel **sweet potato** and cut into ½-inch pieces. Finely chop **2 teaspoons garlic**. Peel **ginger** and finely chop 1 teaspoon. Thinly slice remaining ginger into matchsticks.



### 2. Fry ginger

In a small microwave-safe bowl, combine **ginger matchsticks** with just enough **oil** to cover them, about 4 tablespoons. Microwave until ginger is crisp and just starting to brown, 2-4 minutes (watch closely). Transfer ginger to paper towel to drain excess oil. Reserve remaining oil.



### 3. Saute aromatics

In a medium pot, heat **1 tablespoon reserved ginger oil** over medium-high. Add **onion** and **a pinch each of salt and pepper**. Cook, stirring occasionally, until tender and translucent, 5-7 minutes. Add **ginger, garlic**, and **½ teaspoon cumin** (or more to taste). Cook, stirring, until fragrant, about 1 minute.



### 4. Cook potatoes

To pot with **onions**, add **3½ cups water** and **pumpkin purée**; bring to a simmer. Add **sweet potatoes** and cover. Reduce heat to low and cook, stirring occasionally, until potatoes are tender, about 15 minutes.

Stir in **all of the tamari** and **3 tablespoons nutritional yeast**.



### 5. Broil kale

Meanwhile, preheat broiler with a rack in the upper third. Remove and discard stems from **kale leaves**. Tear leaves into 1-inch pieces. Transfer kale to a rimmed baking sheet; use your hands to massage with **1 tablespoon oil**. Season with **salt** and **pepper**. Spread kale into an even layer and broil until tender and crisp in spots, about 5 minutes (watch closely as broilers vary).



### 6. Blend & serve

Puree **soup** with an immersion blender until smooth. Keep pot warm over low heat. Stir in **½ teaspoon vinegar** and season to taste with **salt** and **pepper**. Remove **cilantro leaves** from stems and set aside. Spoon **soup** into bowls and garnish with **sesame seeds, fried ginger**, and **cilantro leaves**. Serve with some **kale** on top and the remaining on the side. Enjoy!