

# SPICY PUMPKIN + BEAN SOUP

MAZAMA COFFEE CO + ROASTERY



## INGREDIENTS:

- 1 small white onion, chopped
- 2 cloves garlic, minced
- 1 Tbsp fresh ginger, minced
- 1 Tbsp curry powder
- 1 tsp salt
- 15 oz can diced tomatoes
- 15 oz can pumpkin puree
- 13.5 oz coconut milk
- 2 x 15 oz cans of cannellini beans, drained
- ½ to 1 cup veggie broth
- Sour cream, yogurt, pumpkin seeds  
(optional garnish suggestions)

## DIRECTIONS:

1. In your soup pot, sauté the onion, garlic and ginger over medium heat for 2-3 minutes, being careful not to burn.
2. Stir in curry powder and salt.
3. Add diced tomatoes, pumpkin puree and coconut milk and let simmer for 3 minutes to incorporate spices.
4. Add the cannellini beans to the pot.
5. If you want a creamier soup, use an immersion blender now to desired thickness. I prefer mine chunky.
6. Add veggie broth to thin soup, only as needed.
7. Simmer gently for 10 minutes, careful not to burn the coconut milk.
8. Remove from heat, add lemon juice and stir.
9. Garnish with sour cream, yogurt or pumpkin seeds.

Enjoy!



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