

Pumpkin Soup

Chef Sean Lane of Homegrown

RECIPE MAKES: 35 SERVINGS

INGREDIENTS

- 2 Tbsp. vegetable oil
- ¼ cup red curry paste
- 2 cups dried shiitake mushrooms →
soak for ½ hour before using
- 2 tsp. soy sauce
- 1 ½ cup thick coconut milk
- 1 quart pumpkin puree
- 2 cups basil
- 1 tsp. salt
- 1 ½ Tbsp. vegetable stock
- 7 ½ cups water
- 300 grams noodles (of your choice)

NUTRITION INFO

Nutrition Facts	
servings per container	
Serving size	1/2 Cup (113g)
Amount per serving	
Calories	90
	% Daily Value*
Total Fat 3g	4%
Saturated Fat 2g	10%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 210mg	9%
Total Carbohydrate 13g	5%
Dietary Fiber 2g	7%
Total Sugars 1g	
Includes 0g Added Sugars	0%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 51mg	4%
Iron 2mg	10%
Potassium 30mg	0%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

PREPARATION

1. Combine all ingredients in a sauce pot and bring to 165°F
2. Cook pasta noodles according to box directions
3. Combine with the soup
4. Serve immediately
5. Enjoy!

Healthy Options

