**Creamy Vegan Pumpkin Gnocchi Soup (GF)**

This Creamy Vegan Pumpkin Gnocchi Soup is super comforting, healthy, and the best way to warm up on a cold day!

**Ingredients**

**For the soup:**

* 1 tablespoon [coconut oil](https://www.amazon.com/gp/product/B005GUU680/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B005GUU680&linkCode=as2&tag=rhiansrecip00-20&linkId=0782081ca611e50060f68acba1ff614d) (or sub olive oil, vegetable oil or rapeseed oil)
* 1 onion, diced
* 1 clove of garlic, minced
* 2 sticks of celery, finely sliced
* 2 carrots, peeled and diced
* 1 small (kabocha) pumpkin
* 400 g (14oz) tin of cannellini beans, drained and rinsed (or sub butter beans or haricot beans)
* 1 [vegetable stock cube](https://www.amazon.com/gp/product/B01G3GLSD2/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01G3GLSD2&linkCode=as2&tag=rhiansrecip00-20&linkId=34266c869957d506fa8946a74e5958d8)  (ensure gluten-free if necessary)
* Salt + pepper, to taste

**For the pumpkin seed bacon\*:**

* 5 tablespoons pumpkin seeds
* 1 teaspoon [tamari](https://www.amazon.com/gp/product/B01K8FT1LU/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B01K8FT1LU&linkCode=as2&tag=rhiansrecip00-20&linkId=c96279727cf1c53ba9dd7224217141ef) (or soy sauce if not gluten-free)
* 1 teaspoon [maple syrup](https://www.amazon.com/gp/product/B0083QJU72/ref=as_li_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=B0083QJU72&linkCode=as2&tag=rhiansrecip00-20&linkId=f6cfd2270993b5cd81c54bc95b9d5450) (or sub any other sweetener)
* 1/4 teaspoon smoked paprika, to taste

**To serve:**

* 500 g (17.5oz) gnocchi (ensure vegan/gluten-free if necessary)

**Instructions**

**For the soup:**

* Heat oil in a large pan and add the onion, garlic, celery and carrots once hot
* Cook on a low heat for around 10 minutes, stirring occasionally, until softened
* Meanwhile, remove the seeds from the pumpkin, cut it into small pieces (I recommend keeping the skin on if using kabocha - I removed the skin for a better colour for the photos, but the skin is full of nutrients and annoying to peel)
* Once the onions etc have softened, add the pumpkin and beans to the pan with the stock cube, salt + pepper, and enough water to roughly cover
* Bring to the boil and then cook on a low heat until the pumpkin is soft enough to pierce with a fork - should take around 15 minutes
* Turn off the heat and use a food processor, blender or hand-held blender to blend until it becomes a smooth liquid (add some more water if it’s too thick at this stage)
* Taste and season to taste
* The soup keeps well covered in the fridge for up to a few days, and freezes well

**For the pumpkin seed bacon:**

* Place all ingredients in a small bowl and mix well
* Heat in a frying pan on medium heat for around 5 minutes, until crisp
* Set aside on a plate, making sure they're spread apart as this will help them crisp up

**To serve:**

* Cook gnocchi according to instructions on packet
* Once the gnocchi is cooked, drain it and add to the pan with the soup
* Serve the gnocchi soup into bowls and top with pumpkin seed bacon

**Notes**

\*You can use [almond bacon](https://www.rhiansrecipes.com/2017/06/27/vegan-white-bean-scramble-with-almond-bacon-gf/) or [coconut bacon](https://www.rhiansrecipes.com/2017/08/06/vegan-coconut-bacon-stretchy-melty-grilled-cheese-gf/) instead