**Vegan Pumpkin Soup (GF)**

This Vegan Pumpkin Soup is rich and creamy, perfectly sweet and full of flavour.

**Ingredients**

* 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 , sliced
* 2 cloves (2 clove) of garlic , minced
* 1 cm (1/2 inch) fresh ginger , peeled and minced
* 2 sticks of celery , sliced
* 2 carrots , peeled and sliced
* 800 g (28 oz) pumpkin , diced and with the skin cut off
* 400 g (14 oz) tin of white beans , drained and rinsed (cannellini, haricot or butter 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

**To serve (optional):**

* Unsweetened cashew milk (or sub almond milk or oat milk for a nut-free version)
* Pumpkin seeds
* Herbs

**Instructions**

* Heat up the oil in a large pan and add the onion, garlic, ginger, celery and carrots once hot
* Fry for 10 minutes until softened
* Once the onions etc have softened, add the pumpkin, beans, stock cube and salt + pepper to the pan, along with 700 ml (3 cups) water
* Bring to the boil and then cook on a low heat until the pumpkin is soft enough to pierce with a fork
* Turn off the heat and use a blender or food processor (a hand-held blender also works) to blend until it becomes a smooth liquid (add some more water if it’s too thick at this stage)
* Taste and add more salt if necessary
* Transfer the soup back to the saucepan to heat it up again if you like.
* Serve into bowls, pour in cashew milk and top with pumpkin seeds and herbs, if desired

**Notes**

This soup is perfect to make in big batches because it keeps covered in the fridge for up to a few days - just reheat in a pan on the hob (stove) with extra water if necessary.

It also freezes well - reheat in a pan on the hob (stove) with a splash of water.