Spicy Pumpkin soup with Coconut milk

Ingredients

600g carrots
750g Pumpkin
450g sweet potato (kumara)
1 ½ large onion
1 red chilli, seeded and finely chopped (optional)
2 tablespoon olive oil
4 cups of water or just enough water to cover the vegetables
1 ½ tablespoon soya sauce
¾ cup coconut milk

Method

Chop vegetables into small chunks. In a large pot sautee onion in oil and when onion starts to soften add the ginger, garlic and chilli. When onion mixture is tender add water, soya sauce and bring broth to the boil. Add the vegetables and cook slowly until soft.

Puree soup with stick blender and add coconut milk. When the soup is smooth, reheat and serve.