

Chinese Pumpkin & Ginger Soup

Ingredients:-

1 tbsp olive oil-

1 onion, chopped-

2 cups pumpkin, cubed-

1-inch ginger, grated-

2 garlic cloves, minced-

4 cups vegetable broth-

1 tsp Chinese five spice-

1 tbsp soy sauce-

Salt and pepper to taste

Instructions:

Sauté onion, garlic, and ginger in olive oil for 3 minutes.

Add pumpkin, broth, five spice, and soy sauce. Bring to a boil. Simmer until pumpkin is tender (15-20 minutes).

Blend until smooth. Season with salt and pepper and serve warm.

Health Benefits:-

Pumpkin: Rich in beta-carotene and fiber-
Ginger: Supports digestion and circulation- Five
spice: Warming an