

# Pumpkin Soup with Coriander and Pecan Pesto

Recipe By *Temí Philip*



Cooking and Prep:  50  
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Serves:  6

Contains: 

**Preference:** Parve

**Difficulty:** Easy

**Occasion:** Chanukah

**Diet:** Vegetarian, Vegan,  
Pescetarian, Gluten Free, Low  
Carb

**Source:** Family Table by  
Mishpacha Magazine

An orange vegetable soup with all fresh ingredients, enhanced by this unique pesto.

## Ingredients (16)

### Soup

- 3 tablespoons oil
- 1 onion, sliced into rings
- 4 cloves garlic, chopped or 4 cubes **Gefen Frozen Garlic**

- 1 pound (400 grams) pumpkin, peeled and diced
- 1 small sweet potato, peeled and diced
- 1 teaspoon ginger root, grated or 1 teaspoon **Dorot Gardens Frozen Ginger**
- 6 cups water
- salt, to taste
- pepper, to taste

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## Coriander and Pecan Pesto

- 3/4 cup fresh coriander leaves
  - 2 garlic cloves, chopped or 2 cubes **Gefen Frozen Garlic**
  - salt, to taste
  - pepper, to taste
  - a dash of sugar
  - 1/3 cup roasted pecans
  - 1/2 cup **Bartenura Olive Oil** (or 1/4 cup canola oil and 1/4 cup olive oil)
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## Start Cooking

### Prepare the Soup

1. Heat the oil in a pot over medium flame. Sauté onion for 2-3 minutes, add garlic, and sauté both until golden.
2. Add vegetables and grated ginger root. Cover the pot and steam the vegetables for 10 minutes.
3. Add water and spices and cook for 30 minutes, until vegetables are soft.
4. Remove from flame and puree until smooth. Taste, adjust seasoning, and add water if necessary.

#### Note:

This soup works well with Swiss chard chips.

## Prepare the Pesto

1. To prepare pesto, place coriander leaves, garlic, salt, pepper, sugar, and pecans in a food processor and process until all the pieces are uniform size.
2. Add the oil very slowly until the mixture is smooth.
3. To serve, sprinkle each portion of soup with pesto.