



Ethiopian-Spiced Pumpkin Bisque

 **Gluten Free**  **Dairy Free**

READY IN



60 min.

SERVINGS



6

CALORIES



130 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- 2 cloves garlic
- 2 teaspoons juice of lime
- 0.5 cup non-dairy milk unsweetened as needed (I used So Delicious coconut beverage, but any kind will do)
- 1 small onion
- 6 servings salt and pepper black to taste
- 2 teaspoons berbere (with less and add more to taste)
- 2 tablespoons tomato paste
- 3 cups vegetable stock

- 3 pounds winter squash cooked (3 cups pumpkin)

Equipment

- bowl
- frying pan
- baking sheet
- oven
- pot
- blender
- baking pan
- aluminum foil

Directions

- Cut the pumpkin or squash in half and scrape out all seeds and strings.
- Place it cut-side up on a baking sheet and cover with foil (or place in a large, covered baking dish).
- Bake for 30-40 minutes, or until flesh is very tender when pricked with a fork.
- Remove and allow to cool until it can be handled comfortably. Cook the onion in a large, non-stick pot over medium-high heat until it begins to brown. (If it starts to stick, add a tablespoon of water and stir well.)
- Add the garlic and cook for another minute.
- Add a splash of the vegetable broth to deglaze the pan, and then pour the onions into the blender. Scrape the pumpkin out of its shell and add the flesh to the blender, along with the remaining broth, tomato paste, and berbere spice mix. Blend until smooth.
- Pour the contents of the blender back into the pan, cover, and bring to a low boil. Reduce heat to low and cook, stirring occasionally, for 15 minutes.
- Add the non-dairy milk, using as much as needed to reach the right consistency.
- Add the lime juice, salt, and pepper, and simmer for about 5 more minutes before serving.
- Serve in shallow bowls, sprinkled with pumpkin seeds, if desired.

Nutrition Facts

PROTEIN 9.04% FAT 4.1% CARBS 86.86%

Properties

Glycemic Index:30.07, Glycemic Load:1.57, Inflammation Score:-10, Nutrition Score:18.784782508145%

Flavonoids

Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg, Eriodictyol: 0.04mg Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg, Hesperetin: 0.15mg Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg, Naringenin: 0.01mg Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg, Isorhamnetin: 0.58mg Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg, Kaempferol: 0.08mg Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg, Myricetin: 0.02mg Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg, Quercetin: 2.39mg

Nutrients (% of daily need)

Calories: 129.95kcal (6.5%), Fat: 0.66g (1.02%), Saturated Fat: 0.1g (0.62%), Carbohydrates: 31.49g (10.5%), Net Carbohydrates: 26.21g (9.53%), Sugar: 7.67g (8.52%), Cholesterol: 0mg (0%), Sodium: 776.61mg (33.77%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.28g (6.55%), Vitamin A: 24522.94IU (490.46%), Vitamin C: 52.33mg (63.43%), Vitamin E: 4mg (26.65%), Potassium: 903.17mg (25.8%), Manganese: 0.51mg (25.34%), Vitamin B6: 0.43mg (21.68%), Fiber: 5.28g (21.13%), Magnesium: 80.91mg (20.23%), Vitamin B3: 3.56mg (17.78%), Folate: 70.58µg (17.65%), Vitamin B1: 0.25mg (16.66%), Calcium: 143.16mg (14.32%), Iron: 2.33mg (12.97%), Copper: 0.22mg (10.75%), Vitamin B5: 0.94mg (9.37%), Phosphorus: 84.42mg (8.44%), Vitamin B2: 0.1mg (5.72%), Vitamin B12: 0.21µg (3.54%), Zinc: 0.45mg (3.03%), Vitamin K: 3.18µg (3.03%), Selenium: 2.07µg (2.96%), Vitamin D: 0.24µg (1.57%)