

Pumpkin & Carrot Soup

- 1-1 1/2 lb. ground turkey (the leanest you can find, preferably 93%)
- Olive oil
- 2 medium onions, chopped
- 5-6 carrots, peeled and grated or chopped
- 2 cloves garlic, crushed
- 2-3 tsp whole cumin seed
- ½ to ¾ cup unsweetened shredded coconut
- 1 cube vegetable bouillon
- 1 large can pumpkin puree
- 2 whole lemons
- Freshly-ground black pepper to taste
- 1.5 tsp salt

Place a large pot and 2 cups water on back burner to boil. Add bouillon cube. When boiling, add the shredded carrots.

In cast-iron skillet, cook turkey thoroughly but not tough (probably won't brown much). Transfer turkey into soup pot. In the same pan, add some more oil and the onions and cumin seed. Cook the onions, stirring pan well to remove the turkey browning residue. When cooked, transfer to the pot.

Remove skillet for cleaning and replace it with the soup pot. Reduce heat to medium or so (don't scorch). Into pot now crush the garlic, add the coconut, pumpkin, and more water to the consistency you prefer. Cover, stirring often, until it seems cooked and delicious.

Add the juice of the two fresh lemons and 1 ½ teaspoons of salt and black pepper, stir.

Submitted by Michael Bordeaux (MS '08, PHD '14)