

# Seminole Pumpkin-Coconut Soup

*Chef Chris Pawlowski - Slow Food and Palm Beach Organics  
St Lucie News Tribune*

*1/2 cup red lentils  
1 sweet onion, chopped  
2 carrots, peeled and diced  
1 stalk celery, chopped  
1 teaspoon ground curry  
1/2 teaspoon ground cumin  
1/2 cup dry white wine  
1 pound pumpkin, peeled, seeded and  
diced  
8 ounces fresh coconut meat, chopped  
3 cups water  
salt and white pepper (to taste)  
2 cups coconut milk*

Cook the red lentils (1/2 cup of lentils requires 1-1/2 cups of water plus salt) until soft and most of the water is absorbed. Set aside.

In a large pot, heat two tablespoons of olive oil. Add the onion, carrot and celery. Sweat for 2 minutes until soft making sure that the vegetables never brown.

Add the ground cumin and curry. Cook for 1 minute until fragrant. Add the wine and bring to a simmer.

Add the pumpkin and coconut meat. Continue to cook for 5 minutes.

Add the water, salt and pepper. Simmer, covered, for 30 minutes until all the vegetables are soft.

Add the cooked lentils and transfer to a food processor or blender (in batches, if necessary). Pulse carefully until smooth (hot stuff splatters!).

Return to the pot and add the coconut milk. Bring back to the desired serving temperature, but do not boil. Adjust the seasoning to taste.

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Per Serving (excluding unknown items): 1416 Calories; 116g Fat (71.9% calories from fat); 19g Protein; 83g Carbohydrate; 20g Dietary Fiber; 0mg Cholesterol; 194mg Sodium. Exchanges: 2 Grain(Starch); 0 Lean Meat; 5 Vegetable; 1 1/2 Fruit; 23 Fat.

Soups

## Per Serving Nutritional Analysis

Calories (kcal):	1416
% Calories from Fat:	71.9%
% Calories from Carbohydrates:	22.9%
% Calories from Protein:	5.2%
Total Fat (g):	116g
Saturated Fat (g):	102g
Monounsaturated Fat (g):	5g
Polyunsaturated Fat (g):	1g
Cholesterol (mg):	0mg
Carbohydrate (g):	83g
Dietary Fiber (g):	20g
Protein (g):	19g
Sodium (mg):	194mg
Potassium (mg):	3671mg
Calcium (mg):	283mg
Iron (mg):	14mg
Zinc (mg):	6mg
Vitamin C (mg):	78mg
Vitamin A (i.u.):	47836IU
Vitamin A (r.e.):	4782RE

Vitamin B6 (mg):	.8mg
Vitamin B12 (mcg):	0mcg
Thiamin B1 (mg):	.5mg
Riboflavin B2 (mg):	.6mg
Folacin (mcg):	203mcg
Niacin (mg):	8mg
Caffeine (mg):	0mg
Alcohol (kcal):	80
% Deficient:	0.0%

## Food Exchanges

Grain (Starch):	2
Lean Meat:	0
Vegetable:	5
Fruit:	1 1/2
Non-Fat Milk:	0
Fat:	23
Other Carbohydrates:	0

## Nutrition Facts

### Amount Per Serving

Calories 1416      Calories from Fat: 1018

### % Daily Values\*

<b>Total Fat</b>	116g	178%
Saturated Fat	102g	509%
<b>Cholesterol</b>	0mg	0%
<b>Sodium</b>	194mg	8%
<b>Total Carbohydrates</b>	83g	28%
Dietary Fiber	20g	80%
<b>Protein</b>	19g	

<b>Vitamin A</b>	957%
<b>Vitamin C</b>	129%
<b>Calcium</b>	28%
<b>Iron</b>	76%

\* Percent Daily Values are based on a 2000 calorie diet.