

Spicy Pumpkin Soup

Ingredients:

- 1 medium pumpkin or winter squash- washed, unpeeled, seeded & cubed
- 1 medium onion- chopped
- 2" piece ginger root
- ¼ tsp. turmeric
- ¼ tsp. curry
- ¼ tsp. cumin
- 6 drops liquid stevia, or honey to taste
- 4 tsp. (approx.) sea salt or Braggs to taste
- 1 dash cayenne pepper
- Coconut cream - to taste
- Roasted pumpkin seeds [for garnish]

Instructions:

1. Combine all ingredients in a large pot (except salt & coconut milk)
2. Add enough water to cover 1 to 2 inches above vegetables.
3. Cook until squash is soft, about 30 min.
4. Just before the squash is nearly cooked, add sea salt.
5. Remove ginger root and puree in batches, in a blender.
6. Lightly drizzle coconut milk on top of each serving and garnish with roasted pumpkin seeds.

Rodica's Rosemary Potatoes

Ingredients:

- ___ Potatoes, cubes
- ___ Sweet Potatoes, cubes
- ___ Yams, cubes
- ___ Onion, Sliced
- ___ Garlic
- ___ Rosemary
- ___ Salt
- ___ Oil

Instructions:

1. Mix: Garlic, Rosemary, Oil & Salt and pour on the cut potatoes & onions
2. Place in baking dish.
3. Bake for 20mins (depending on quantity)
4. Broil for about 20mins more

NOTES:
