

# "SHADES OF ORANGE" - AUTUMN VELOUTÉ SOUP

Soup · Vegan, Autumn

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A heavenly velouté soup made with squash, sweet potatoes, carrots, turmeric, smoked paprika & ginger. Naturally gluten free, made vegan as well with no dairy products, just coconut cream, with its velvety texture, its sweet & spicy profile, makes it the perfect soothing soup for a rainy autumn day.

**Serves: 4**

## INGREDIENTS:

- 500 gr peeled & cut in chunks butternut squash (or pumpkin)
- 2 medium sweet potatoes peeled & cut in chunks
- 4 carrots cut in medium cubes
- 1 big onion finely chopped
- 1 garlic clove crushed
- 1,5 tsp turmeric
- 1 tsp smoked red paprika
- 1,5 - 2 tsp ground ginger
- 3-3,5 cups vegetable stock (hot water with a melted vegetable stock cube or a homemade one)
- 200 ml coconut cream plus little more to use on top
- 2-3 Tbsp. olive oil
- Salt and pepper
- Red pepper flakes to garnish

## INSTRUCTIONS:

1. Cut all your vegetables & prepare your vegetable stock.
2. In a saucepan, add chopped onions first, sauté with 2 tbsp. of oil for a few minutes, then add garlic and continue for a minute.
3. Add all vegetables & spices and gently cook, stirring for a while.
4. Pour the stock, add ½ tsp salt, turn the heat to medium-low and cook for 25 to 30 minutes till they are ready, tender enough.
5. Remove from heat, wait for 10 minutes, add coconut cream, stir and with a hand blender, blend the soup until smooth.
6. Taste and adjust seasoning with salt & pepper.
7. Serve your velouté soup, drizzle on top with some more olive oil & coconut cream and sprinkle around red pepper flakes.
8. Pair with toasted slices of homemade gluten free bread with pumpkin seeds.

Enjoy with your heart.