Pumpkin Ginger Soup

Ingredients:
- 2 cups water or vegetable stock
  If using water: add 1 to 2 vegetable cubes (optional)
- 1 pound pumpkin peeled and cubed
  (approximately 2 to 3 cups)
- 2 to 3 cloves garlic
- 1 medium onion
- 1 Tbsp ginger juice (or more to taste)
- Salt to taste

Directions:
- Peel and cube pumpkin
- Place all ingredients except ginger in a stockpot or saucepan
- Cook until tender
- Blend or puree mixture in blender or food processor
- Reheat before serving
- Make ginger juice by peeling and grating ginger
- Extract juice form ginger by passing through a strainer
- Add ginger juice to soup just before serving
- Makes 4 to 6 servings

- You can use any type of pumpkin or substitute carrots