



1 QUICK RECIPE:

Thai Inspired Pumpkin Coconut Soup

2 TB Coconut Oil
2 Cups Chopped Red Onion
1 Tsp Grated Garlic
1 TB Grated Ginger
1 TB Garam Masala
1 (15 OZ) Can Solid Pack Pumpkin (not Pumpkin Filling)
1 (15 OZ) Can Coconut Milk
2 Cups *Veg Stock
½ Cup Greek Yogurt
1 TB Lemon Juice
Toasted Pumpkin Seeds
8 – 16 Roasted Shrimp

Step One Melt the coconut oil in a large sauté pan and add the onion. Cook and stir for 8 - 10 minutes or until the onion is soft. Add the garlic, ginger and garam masala and cook and stir until the mixture is aromatic – about 1 minute. Add in the pumpkin, coconut milk and veg stock and bring to a boil. Reduce to a simmer and cook for 20 - 30 minutes.

Step Two In a small bowl, whisk the yogurt and lemon juice together. Place a “plop” on the top of each bowl of soup pumpkin seeds, and if desired accompany with roasted shrimp.

2 KITCHEN SCOOP

*Roasted Shrimp is SO easy to make - and so much more flavorful than boiled shrimp. Here's an easy recipe: Roasted in the Shell Shrimp: Preheat the oven to 400F. Toss the shrimp with 1 TB of olive oil, salt and pepper. Roast for about 4 minutes or

until opaque. Peel the shrimp when cool enough to handle

3 CLEVER

Veggie Stock is so easy to make! If you have time this week, before things get hectic around the holidays. Here's a quick video that will help you cook up a pot today! HOW TO MAKE VEG-ETABLE STOCK: <https://www.youtube.com/watch?v=YZvZl-Grviza>

4 FRESH IDEAS YOU CAN ENJOY IN 4 MINUTES OR LESS

The Friday 4



4 CHEERS!

Kung Fu Girl Riesling

Washington State
ABOUT \$15.00

Not only is this versatile, easy-to-enjoy wine a perfect match for our quick and tasty soup, but keep Kung Fu Girl Riesling in your back pocket for the holidays – it also makes a fantastic companion for your entire Thanksgiving dinner. Though the Riesling grape hails from Germany, it's found a delicious new home in the Pacific Northwest—particularly in Oregon and Washington. Expect crisp, citrusy, fruit-forward flavors that refresh the palate and pair beautifully with a wide range of dishes. **Fun fact:** Winemaker Charles Smith named the wine Kung Fu Girl after watching a martial arts movie while enjoying Chinese takeout!