

Simply Delicious Pumpkin Soup

Inspired by allrecipes.com "Pumpkin Soup"

Ingredients:

- 6 cups vegetable stock
- 4 cups roasted pumpkin, diced
- 1 cup onion, chopped
- ½ cup heavy whipping cream (optional)
- 1Tb peanut butter
- 1 clove garlic, minced
- ½ tsp thyme
- 1 tsp salt
- Pepper to taste

Method:

- Combine ingredients in saucepan, bring to boil, then simmer uncovered for 30 minutes.
- Puree in small batches (carefully), using a blender or food processor.
- Return to pan, bring to boil, then reduce heat and simmer for another 30 minutes.
- Pour into soup bowls, stir in cream, and garnish with fresh parsley as desired.

Variations:

- Use canned pumpkin in place of fresh.
- Serve over rice or pasta as a sauce!
- Add canned chicken for more protein.
- Add curry or cayenne for added spice and flavor.
- Use coconut milk in place of cream for a vegan option.
- Add diced vegetables before or after pureeing for more nutrition.

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Simply Delicious Pumpkin Soup

Ingredients:

- 6 cups vegetable stock
- 5 cups canned pumpkin
- 1 cup onion, chopped
- ½ cup heavy whipping cream (optional)
- 1TB peanut butter
- 1 clove garlic, minced
- ½ tsp thyme
- 1 tsp salt
- Pepper to taste

Method:

- Combine ingredients in a saucepan, bring to boil, then simmer uncovered for 30 minutes.
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