

Pumpkin Soup

Inspired by NourishingMeals.com "Spiced Pumpkin Soup"
Contributed by Hopelink Harvest volunteer: Jeanne B.

Ingredients:

- 3 tablespoons oil
- 1 large onion, chopped
- 5 large carrots, peeled and chopped
- 5 celery stalks, chopped
- 2 apples, cored and chopped
- 10 cups water or chicken broth
- 8 cups cooked or canned pumpkin
- Salt and pepper to taste
- Coconut milk or yogurt to garnish (optional)

Method:

1. Heat oil over medium heat in large (8-quart) stockpot. Add onion and sauté for 5 minutes. Add carrots, celery, and apples and sauté for 5 to 10 minutes more.
2. Add the water, cooked pumpkin, pumpkin pie spice, salt, and pepper. Bring to a boil, then reduce heat to a simmer and cook for about 20 minutes, covered.
3. Puree soup in batches. I like to have another 8-quart pot ready to go that I can pour the pureed soup into as I go. Serve with a swirl of coconut milk.

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