

Pumpkin Soup

HEARTY PUMPKIN SOUP LOADED WITH NUTRIENTS!



SOURCE: FOOD AND NUTRITION MAGAZINE



INGREDIENTS

- 1 cup water
- 1 medium leek, washed and chopped
- 1 tablespoon olive oil
- 2 cups butternut squash, peeled and chopped
- 1 medium apple, peeled and chopped
- 1 medium pear, peeled and chopped
- 1/3 cup pumpkin puree
- 3 tablespoons flour
- 1 teaspoon salt
- 1 ½ teaspoons curry powder
- ⅛ teaspoon ground cloves
- ⅛ teaspoon ground nutmeg
- ¼ teaspoon black pepper
- 6 cups low sodium chicken broth
- ½ cup unsweetened almond milk
- 12 oz can fat-free evaporated milk
- ¼ cup unsalted pumpkin seeds
- Orange zest

DIRECTIONS

- 1** Chop leek in food processor. Sauté in large pot with olive oil, until brown, approximately 3-5 minutes.
- 2** Chop apple, pear, and butternut squash. Add to pot and sauté 5 minutes longer; add pumpkin and mix.
- 3** Add flour, salt, curry powder, clove, nutmeg and black pepper. Cook an additional 5 minutes until flavors combine.
- 4** Add broth, water, and milks. Bring to a boil and cook for approximately 20 minutes until squash is tender. Season with salt and pepper if needed.
- 5** Puree with an immersion blender or high powered blender. Pour into a serving bowl, garnish with pumpkin seeds and orange zest and enjoy!

*Note: This soup thickens overnight. When reheating, add broth or water if desired.



45 min



Serves 11