

## PUMPKIN SOUP

### INGREDIENTS:

|  |   |
|--|---|
| 2 15 oz. Cans Pumpkin Puree                  | 3 Tablespoons melted butter or margarine    |
| 1 Tablespoon minced garlic (Fresh or jarred) | 1 dash of pepper (to taste)                 |
| 1 large (sweet) onion, chopped               | 1 pint half-and-half (you can use fat free) |
| 4-6 carrots (finely chopped or grated)       | 2 teaspoons thyme (fresh or dried)          |
| 2 stalks of celery (not 2 bunches)           | 4 tablespoons chopped parsley               |
| 1 cup of Chicken Broth                       |   |

### DIRECTIONS:

Chop the onion and celery (use an electric chopper or food processor)

Sautee the onion and celery until tender

Add the rest of the ingredients-pumpkin, parsley, minced garlic, carrots, thyme (do not add the half-and-half until the very end) to the sauted mixture

Add Chicken broth till you have desired consistency

Cover and simmer for 45 minutes, stirring occasionally

**Note:** If you want to freeze the soup for use later, do not add the half-and-half until you have defrosted the base.

If desired, you could top with fresh parsley, scallions, and my favorite, light sour cream

Compliments of:  
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