



Pumpkin Soup

Yield: Makes: 5 servings

Serving Size: 1 cup

Ingredients

- 1 15 oz can pumpkin puree
- 1 small yellow or white onion, diced onion
- 3 cups broth, chicken or veggie
- 2 tbsp butter or margarine
- 1 tsp chili powder or paprika (or ½ tsp each)
- ¼ tsp nutmeg
- ½ tsp cinnamon

Directions

1. In medium saucepan or small pot, heat butter or margarine over medium heat. Add onion to pot and cook for 4-5 minutes, until soft.
2. Add pumpkin puree, chicken or veggie broth, and seasonings to pot. Stir to combine and heat until just bubbling.
3. Simmer soup for 10 minutes, adding salt and pepper as needed. Allow to cool down slightly and serve.

Optional add-ins

1. Pumpkin seeds (pepitas) can be added on top of soup
2. Adding a swirl of sour cream or coconut milk at the end can make the soup creamier.
3. A touch of maple syrup, honey, or brown sugar can be used to sweeten the soup
4. A small amount (1/2 tsp) of cumin, coriander, and paprika can be used to spice up the soup!

Feeding Our Hungry Neighbors

WWW.SOLVEHUNGERTODAY.ORG