

## PUMPKIN SOUP

Kids love this soup on a cold day. Freeze some for another chilly day!

PREHEAT: burner, medium temperature

POT: large

- 1 tablespoon 100% olive oil
- 1 onion, medium, chopped
- 4 garlic cloves
- 4 potatoes (Russet), washed and quartered
- 4 carrots, washed, chopped
- 2 apples (large), washed, quartered
- 1 tablespoon ginger, fresh shredded

Saute in pot until onions are transparent.

- 1/4 teaspoon cinnamon
  - 1/4 teaspoon nutmeg
  - 1/2 teaspoon seasoned salt
  - 6 cups vegetable or chicken broth, low-sodium
  - 1 1/2 cans (20 ounces) 100% pumpkin, additive-free
- Add to pot. Cover and simmer for 20 minutes. Strain vegetables and fruit from pot and puree in blender. Return to liquids in pot. Stir and serve.

### OPTIONS:

Replace Russet potatoes with sweet potatoes

Add 2 tablespoons basil leaves, chopped

Top with dollop of low-fat sour cream and sprig of mint.

4+ COLORS: white, orange, green or red, brown (+green option)

FOOD CIRCLES: essential fatty acids, vegetables, fruit (+ options)

Number of Servings: 6-8

Serve with: Sandwich of choice (Egg Salad!)

Comment: "Excellent!" (mother of two)

### GROCERY LIST

- 100% olive oil, cold-pressed
- onion
- garlic cloves
- russet potatoes
- carrots
- apples
- ginger, fresh

- cinnamon, finely ground
- nutmeg, finely ground
- seasoned salt
- vegetable or chicken broth, low-sodium
- 100% pumpkin, canned, additive-free

#### OPTIONS

- sweet potatoes
- basil leaves
- yogurt, low-fat, plain