



Easy Apple Pumpkin Soup

PREHEAT: 1 burner - medium heat

PANS/EQUIPMENT: large stockpot, immersion blender

PREP TIME: 20 minutes

COOK TIME: 20 minutes

NUMBER OF SERVINGS: type here

1 Tablespoon 100% olive oil, extra virgin

1 onion, medium chopped

4 garlic cloves, crushed

2 potatoes, Russet, washed, quartered

4 carrots, washed, loosely chopped

2 large organic apples, washed, quartered with skin

1 Tablespoon ginger, freshly shredded

Saute in pot until onions are transparent.

1/4 teaspoon cinnamon

1/4 teaspoon nutmeg

1/2 teaspoon sea salt

6 cups vegetable or chicken broth

1 1/2 cans (20 ounces) 100% pumpkin

Add to pot. Cover and simmer for 20 minutes. Puree in pot with “immersion blender” and serve.

OPTIONS: Replace Russet potatoes with Sweet Potatoes. Add 2 tablespoons chopped basil leaves. Top with dollop of low-fat cream cheese or yogurt and sprig of mint. Sprinkle dried berries on top just before serving.

6 FOOD COLORS: golden, white, orange, red, green, brown

4+ FOOD GROUPS: essential fatty acids, vegetables, fruit, herbs, poultry, broth & dairy options

This is a delicious immune building soup. The ginger alone helps prevent nausea. Cinnamon is a powerful anti-inflammatory. It is loaded with disease fighters such as onions and garlic. Plus lots of Vitamin C. Make a lot of this soup and freeze some for another day. Don't let the 12 ingredients scare you away. 3 are quick and easy seasonings. Take the time to make this and serve it with sandwiches and/or salads. This soup is inexpensive, nutrient-filled and wonderfully filling. Your family will love it – almost tastes like pumpkin pie!

