

## Pumpkin Soup

½ stick ..... Butter  
2 ea ..... Carrots  
4 ea ..... Celery Ribs  
1 ea ..... Onion  
4 ea ..... Bay leaves  
1 Tbs ..... Garlic  
powder  
1 Tbs ..... Onion  
powder  
½ gal..... Chicken Stock  
2 tsp..... Pumpkin Pie Spice  
3 drops ..... Tabasco  
1 can (29 oz) ..... Puréed Pumpkin  
1 qt ..... Heavy whipping cream  
to thicken ..... Roux



1. Dice carrots, celery and onion into ¼” pieces.
2. Heat the butter in a heavy bottomed stockpot and add the diced vegetables.
3. Sauté until golden brown, stirring so as not to burn.
4. Add chicken stock, onion and garlic powders, and bay leaves.
5. Let simmer for 1 hour.
6. Add pumpkin, pumpkin pie spice, Tabasco and heavy whipping cream and bring to a boil.
7. Thicken with roux.

Garnish with chopped green onions, toasted pumpkin seeds, fried garlic and/or a dollop of sour cream.

This is a great soup to serve on Thanksgiving for a starter. If you wanted to make this soup healthier you could use low fat milk in place of the cream and olive oil in place of the butter in both the sautéing and the roux. Roux is part flour and part melted butter made into a paste. Of course that’s no fun. To make this soup vegetarian you would use vegetable stock in place of the chicken stock. You can replace the canned pumpkin with fresh pumpkin that has been cooked down and pureed but in this day and age it is hard to get a good baking pumpkin. You can also change the soup by replacing

the spices and replacing the pumpkin with other types of squash or roasted red peppers.

Be creative, have fun and enjoy!!!