

PUMPKIN SOUP



DIRECTIONS

2 lbs. pumpkin (fresh or canned, solid packed)
2 t. cinnamon
1 t. allspice
¼ t. nutmeg
¼ t. ginger
2 garlic cloves (minced)
½ c. carrots (chopped)
½ c. celery (chopped)
2 T. fresh ginger (minced)
4 c. clear broth
½ c. milk
½ c Fage 0% Greek Yogurt
¼c. half and half
2 t. olive oil
Salt and pepper as desired

INGREDIENTS

Preheat oven to 350°. Cut pumpkin in half and remove seeds. Place cut side down on a baking sheet, lightly greased. Place pumpkin on lightly greased baking pan, cut side down. Roast about 1 hour or until pumpkin is tender. When cool, scoop out pumpkin put in bowl. Sautee onions, carrots, celery, fresh ginger and garlic in olive oil. Add broth and stir in cinnamon, allspice, nutmeg and ginger and bring to a boil. Reduce flame and cook 15 minutes, stirring occasionally. Remove from heat and mix with hand blender until smooth. Add milk and yogurt and stir into mixture. Add salt and pepper as desired.