



CREAMY PUMPKIN AND APPLE SOUP

This soup is full of immune boosting ingredients. You can add beans or lentils to boost the protein content. Try blending them in when you add the pumpkin or just add them at the end for a chunky soup.

Ingredients

2 15-oz. cans pure pumpkin (not pumpkin pie filling)
or 3 cups of roasted pumpkin
3 apples, peeled, cored, and sliced
1 Vidalia or other sweet onion, sliced
½ teaspoon salt
¼ teaspoon pepper
1 teaspoon cinnamon
1 teaspoon turmeric
1 teaspoon curry (optional)
¼ teaspoon cayenne pepper (optional)
2 tablespoons olive oil, divided
1-2 cups whole milk – depending on your preferred
texture (cow's milk or canned coconut milk)
½ cup vegetable or chicken stock
Salt and pepper to taste

Directions

1. Preheat oven to 350 degrees.
2. Toss onion slices with 1 tablespoon olive oil and salt and pepper. Place on rimmed baking sheet and bake for 15-12 minutes. Onions should be starting to brown and caramelize.
3. Meanwhile peel, core, and slice apples. Combine apples, remaining olive oil, cinnamon, turmeric, curry, and cayenne if desired.
4. Carefully remove baking sheet with onions from the oven and add apple mixture. Return to oven for 15- 20 more minutes until apples are softened.
5. Using a immersion blender, blender, or food processor, to combine apple and onion mixture and vegetable stock. Process until smooth.
6. Add pumpkin and continue to blend, adding milk in ½ cup increments until the soup is your desired consistency.
7. Warm on the stove top before serving if needed.

Nutrition: Soup is a great way to add veggies to your meal plan. The pumpkin is high in vitamin A and fiber. The apples add a subtle sweetness, vitamin C and fiber. Adding plenty of spices and herbs to our diets adds beneficial phytonutrients. Homemade soup is usually much lower in sodium than most store-bought soups.



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