



Wheeler

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## Creamy Pumpkin and Apple Soup

Fall is soup season! This is a slightly sweet soup that kids will love, and the smooth texture will be acceptable to most children. If your kids love apples, applesauce or pumpkin pie introduce them to this warming soup. You can add canned cannellini 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  
3 apples, peeled, cored and sliced – granny smith works well  
1 Vidalia or sweet onion, thinly sliced  
1/2 teaspoon salt  
¼ teaspoon pepper  
1 teaspoon cinnamon  
1 teaspoon curry (optional)  
1/4 teaspoon cayenne pepper (optional)  
2 tablespoons olive oil, divided  
1-2 cups milk (cow's milk or milk substitute) – depending on your preferred texture  
½ cup vegetable or chicken stock  
salt and pepper to taste

### Equipment

Large bowl	Food processor, submersion blender or blender
Measuring spoons	Knife and cutting board – have adult help
Liquid measuring cup	Oven – have adult help
Rimmed baking sheet	

### Directions

1. Preheat the oven to 350 degrees.
2. Toss onion slices with 1 tablespoon olive oil and salt and pepper. Place on a rimmed baking sheet and bake for 15-12 minutes. Onions should be starting to brown and caramelize.
3. Meanwhile have an adult help you peel, core and slice apples. Combine apples, remaining olive oil, cinnamon, curry and cayenne if desired.
4. Carefully remove the baking sheet with onions from the oven and add apple mixture. Return to the oven for 15-20 more minutes until apples are softened.
5. Using a submersion blender, blender or food processor, combine apple and onion mixture and vegetable stock. Process until smooth.
6. Add pumpkin purée 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.

😊 Little helpers: Have kids measure and combine apple and onion mixtures. Make sure to help them when using the oven. Let them decide how much and which spices to add. Older kids can use the blender/food processor to puree the soup.

🍏 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.