

Satisfying Soup

Pumpkin Soup



Prep time 15 minutes, cooking time 1 hour
Serves 6-8

Ingredients

- 6 cups of chicken broth
- 1 medium onion, chopped
- 6 whole peppercorns
- 1 bay leaf
- 3 stalks of celery, chopped
- 2 tsp celery salt
- 1 Tbsp fresh thyme leaves
- ½ tsp ground allspice
- ½ tsp ground nutmeg
- 2 -15 oz cans pumpkin puree
- 1 cup half & half
- 1 cup fresh grated parmesan cheese for garnish
- ¼ cup chopped cilantro or parsley

Preparation

1. In a very large pot, add 6 cups of chicken stock, chopped onion, peppercorns, bay leaf, celery, celery salt and thyme leaves, allspice and nutmeg
2. Add 2 cans of pumpkin puree, mix together and bring to a boil, simmer on low for 30 minutes
3. Remove bay leaf
4. Use an immersion blender to mix all the ingredients together, simmer on low for another 30 minutes
5. Taste your soup, add more salt and pepper if needed.

6. Right before serving, add 1 cup of half & half, mix well
7. Serve in a pretty bowl, garnish with grated parmesan cheese and parsley

Tips

It's important to use a large, deep pot as the soup will bubble and spray out of the pot if it's not deep enough.

Spiritual Message from this recipe

There is something about soup that nourishes your soul. Make eating soup a sacred time by eating quietly and reflecting on how you can live a more purposeful life. As the soup warms your body, feel the love that God is sending to you.