



Cost: \$ \$

Ease:



**This recipe for pumpkin soup contains high amounts of vitamin A which is essential for healthy vision! The spices (cinnamon, nutmeg, ginger) contain plenty antioxidants to fight damage in the body and are also very warming! Cauliflower is an excellent source of fiber to maintain bowel health.**

# Pumpkin Soup

## Ingredients:

- |                                  |   |  |
|----------------------------------|---|--|
| 2 TBSP olive oil                 | : | 2 cups chicken stock or broth (can substitute with water, but will need more seasoning at the end) |
| 2 large yellow onions, sliced    |   | 2 cups water   |
| 2 cloves garlic, minced          |   | Roasted pumpkin seeds (optional)   |
| 1 cup frozen cauliflower florets |   |  |
| 1 tsp salt                       |   |  |
| 1 tsp cinnamon                   |   |  |
| ½ tsp nutmeg                     |   |  |
| ½ tsp ground ginger              |   |  |
| 2 15 ounce cans pumpkin puree    |   |  |

## Directions:

1. Heat a large stock pot with oil; Add onions and let them cook until translucent; Add in cauliflower and garlic; Cook for 3-4 minutes
2. Add in pumpkin puree, salt, cinnamon, nutmeg, and ground ginger; Add in chicken stock or broth and water
3. Bring to a boil; Simmer on low heat for about 40 minutes
4. Optional: Garnish with roasted pumpkin seeds
5. Enjoy!

## Cookware needed:

- Stock pot
- Serving bowls
- Large spoon