



Pumpkin Apple Soup

Ingredients:

- 3 cups of apples, peeled and chopped
- 2, 15 oz cans of pumpkin
- 2-3 cups no-salt-added chicken broth (add less for a thicker consistency)
- 1/2 cup onion, chopped
- 2 TBSP olive oil
- 2 cloves of garlic
- 1/2 tsp cinnamon
- 1/2 tsp nutmeg
- 1/2 tsp ginger
- 1/4 tsp salt
- 1/4 tsp black pepper

Directions:

1. In a large pot, sauté apples and onions in olive oil for 2-5 minutes or until tender
2. Add pumpkin, chicken broth, and spices
3. Reduce heat; Cover and simmer for 30-45 minutes
4. Remove from heat; Allow to cool; Add to blender in batches until smooth
5. Enjoy!

Cookware needed:

- Large pot
- Large spoon
- Blender

Cost: \$

Ease:

Health Benefit: Pumpkin contains beta-carotene an antioxidant that promotes health and prevents disease. Pumpkin also contains vitamin A to support healthy vision and vitamin C to support immune health. It also provides minerals like calcium, potassium, and magnesium which support heart health. Apples are an excellent source of fiber which supports bowel health and helps to keep us fuller for longer.