

# Pumpkin Soup



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Recipe by: Laura Vitale

*Serves 4-6 six with a small appetite and 4 with a large appetite*

**Prep Time: 5 minutes**

**Cook Time: 25 minutes**

## Ingredients

- 1 Large Onion, chopped
- 1 Tbsp of Olive Oil
- 2 Stalks of Celery, chopped
- 1 Carrot, peeled and chopped
- 2 tsp of Ground Sage
- 1 tsp of Fresh Thyme
- 2 cups of Pure Pumpkin Puree, store bought or homemade
- 3 cups of Chicken Stock
- ¼ cup of Heavy Cream
- Salt and Pepper, to taste

1) Add the oil in a large soup pot that's been preheated to medium heat, add the onions, carrots and celery and let them cook for 5 to 7 minutes or until translucent.

2) Add the chicken stock, pumpkin puree, thyme and sage and let the mixture come to a boil, turn the heat to medium-low and let it simmer for 15 minutes.

3) Puree the soup either in batches in a blender or using an immersion blender.

4) Add the cream, season with salt and pepper and cook for just 2 more minutes, just long enough to warm up the cream.

Serve with some croutons if you like.

