

Cozy Winter Soup



Pumpkin Almond Soup

Serves: 6 | Serving Size: 1 cup

Ingredients:

2 cups roasted pumpkin, without seeds or skin
Olive or avocado oil spray
1/2 onion, diced
1/2 cup sliced or slivered almonds
1/4 tsp garlic powder
1/8 tsp white pepper
1/8 tsp black pepper
1/8 tsp chili powder (ancho chilies are nice here)
Pinch of sea salt or fleur de sel
1/2 tsp pumpkin pie spice mix
2 1/2 cups low-sodium chicken or vegetable broth
1/2 cup fat-free half and half

Directions:

Heat a large nonstick wok or Dutch oven over medium heat, then spray with oil.

Sauté the onion, almonds, and seasonings in the oil until the onions are translucent, about 4-5 minutes.

Add the pumpkin and broth. Cover and simmer for about 20 minutes.

Add the cream and puree with an immersion blender or in batches in a regular blender until smooth.

Serve hot.

Nutrition Information:

Serves 6. Each serving has 107 calories, 5 g fat, 1 g saturated fat, 0 g trans fat, 1 mg cholesterol, 245 mg sodium, 11 g carbohydrate, 2 g fiber, 3 g sugars, and 5 g protein.

Each serving also has 81% vitamin A, 10% vitamin C, 6% calcium and 5% iron.

Chef's Tips:

To roast a pumpkin, wash the squash and poke a few holes in it, then put the whole thing in the oven for 2-3 hours. Once it's tender, cut it in half, remove the seeds, and separate the pulp from the skin. Use what you've made in this recipe. You can freeze the rest or use some for a pumpkin pie.

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