

Easy Pumpkin Soup

1 can (15oz) Pumpkin Puree
2 cups chicken broth
½ cup half and half (substitute cream for a richer soup)
½ teaspoon pumpkin pie spice



Whisk all ingredients in a saucepan over low heat until heated thoroughly.
Top a dollop of sour cream and sprinkle of nutmeg.
Serves 2.

Variations on Basic Pumpkin Soup

Pumpkin Soup with Apple/Bacon

Prepare Easy Pumpkin soup using the recipe above, omitting pumpkin pie spice, and adding 1 tablespoon maple syrup. In a separate pan sauté one diced apple in butter until soft.

Pour heated soup into bowl. Top with ½ of the sautéed apples. Sprinkle with nutmeg or pumpkin pie spice, and 1 tablespoon homemade or purchased bacon crumbles.

Pumpkin soup with Raisins

Simmer ¼ cup of raisins in water or apple juice until plump. Drain and discard liquid, setting raisins aside. Prepare Easy Pumpkin soup using the recipe above. Stir raisins into soup.

Place a serving of soup in bowl and top with cinnamon bread croutons and a sprinkle of nutmeg.

Curried Pumpkin Soup

Sauté 2 tablespoons curry powder with 1 tablespoon butter in saucepan. Add first three ingredients for Easy Pumpkin Soup and whisk over low heat to blend. Add the juice from one lime. Divide heated soup between two bowls. Top each with a dollop of plain yogurt and sprinkle with 1 teaspoon fresh cilantro.

Pumpkin Chili

1 onion, diced
1 green pepper, diced
1 lb ground turkey
1 can (15oz) pumpkin puree
1 can (15oz) diced tomatoes
1 can (15oz) black beans (drained)
1 can (15oz) chicken broth
2 tablespoons chili powder

Brown onions, pepper and ground turkey in a small amount of cooking oil until browned. Add remaining ingredients and simmer until heated through (1/2 hour). Add salt, pepper, and additional chili powder to taste. Yields 4 servings. Extra servings may be frozen.