

Savory Pumpkin Soup

Ingredients

8 cups (2 cartons) low sodium chicken stock
5 cups baked pumpkin chunks (small pie pumpkin)
2 tsp. fresh thyme chopped
5 cloves minced garlic
1 tblsp. fresh ginger, grated
2 medium onions chopped
1/2 cup half & half
2 tsp. salt
1/2 tsp. pepper
chopped cilantro and pumpkin seeds for garnish

Preparation

Place chicken stock, pumpkin, onion, thyme, ginger, garlic, salt and pepper in large pot, bring to a boil, lower heat and simmer for 30 minutes.

Use immersion blender and puree soup until smooth. Continue to simmer soup for another 20-30 minutes. Stir in half and half. Remove from heat and adjust seasonings.

Serve with chopped cilantro and toasted pumpkin seeds as garnish.