

Pumpkin Soup

Ingredients

4 cups chicken or vegetable broth

2 cups pumpkin puree

2 cups canned black beans

1 cup canned corn

1 cup mild chunky salsa

1 tbsp minced garlic

¼ cup diced onion

1 tablespoon chili powder

1 tsp cumin

Olive oil for pan (about 2 tablespoons)

Toppings:

All toppings for garnishing the soup

1 lime

¼ cup sour cream

1 bunch chopped cilantro



Use a Sauté' pot deep enough for soup

Sauté onions and garlic in olive oil until they are translucent. About 5 minutes.

Add chili powder & cumin, mix until well blended

Mix in the rest of the ingredients and let mixture come to a boil then turn down heat to a simmer. Let simmer for 20 minutes.

Cut lime into wedges

Pour soup into bowls

Add a small spoonful of sour cream on top of soup, squeeze a little lime juice and sprinkle with some cilantro.

Serve soup with tortilla chips and pumpkin seeds!

Pumpkin seeds: You may use prepackaged pumpkin seeds for this recipe

Preheat oven to 350

Otherwise clean fresh pumpkin seeds, dry then spread on a baking sheet, stir in 2 tablespoons olive oil, sprinkle with salt, pepper, chili powder, cumin, & garlic powder. Mix gently with hands and place in oven for 10 minutes.