

Pumpkin Sage Soup

Just Say Yes to Fruits and Vegetables

Enjoy that fall flavor without all the calories of a pumpkin spice latte!



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Pumpkin Sage Soup

Serves 6 • Serving: 1 cup



Be careful transferring the hot soup to the blender! Let it cool first, if you need to.

Ingredients:

- 1 tablespoon vegetable oil
- 2 cups chopped onion
- 2 tablespoons chopped parsley
- 2 tablespoons chopped sage
- 4 cups diced pumpkin or Calabaza squash
- 3 peeled garlic cloves
- 3 cups water
- Salt and pepper, to taste

Directions:

1. Heat oil in a large pot over medium heat.
2. Add onion, parsley, and sage and cook for 6-8 minutes, or until onions are soft. Stir often.
3. Add pumpkin and garlic and cook for 2 more minutes.
4. Add 3 cups of water, cover, and bring to a boil. Turn heat down to low and simmer about 5 minutes until pumpkin is tender.
5. Puree soup in a blender, adding extra water as needed. Add salt and pepper to taste.
6. Return soup to pot to reheat or enjoy at room temperature!
7. Refrigerate leftovers.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP.

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