



**Corporate
Wellness
Nutrition™**

A division of Wellness Coaches



PUMPKIN SOUP

SERVINGS: 11

SERVING SIZE: 1 cup

PREP TIME: 15 minutes

COOKING TIME: 30 minutes

Recipe inspired by Food and Nutrition Magazine; April 2019

Ingredients:

1 cup water
~1 medium leek, washed and chopped
1 tablespoon olive oil
2 cups peeled and chopped butternut squash
1 medium apple, peels and chopped
1 medium pear, peeled and chopped
1/3 cup pumpkin puree
3 tablespoons flour

1 teaspoon salt
1 ½ teaspoons curry powder
1/8 teaspoon ground cloves
1/8 teaspoon ground nutmeg
1/4 teaspoon black pepper
6 cups low sodium chicken broth
1/2 cup unsweetened almond milk
12 oz can fat-free evaporated milk
1/4 cup unsalted pumpkin seeds
Orange zest

1. Chop leek in food processor.
2. Sauté in large pot with olive oil, until brown approximately 3-5 minutes.
3. Chop apple, pear, and butternut squash. (Pro Tip: Chop in food processor)
4. Add to pot and sauté 5 minutes longer; add pumpkin and mix.
5. Add flour, salt, curry powder, cloves, nutmeg and black pepper.
6. Cook an additional 5 minutes until flavors combine.
7. Add broth, water and milks
8. Bring to a boil and cook for approximately 20 minutes until squash is tender. **PRO TIP:** Purchase frozen butternut squash and microwave for quicker prep and cooking time!
9. Season with additional salt or pepper if needed.
10. Puree with an immersion blender or high powered blender
11. Pour into a serving bowl, garnish with pumpkin seeds and orange zest and enjoy!

Note: This soup thickens overnight so when reheating, add additional broth or water if desired.

Pro Tip: Add shredded chicken breast or cannellini beans to servings for extra protein.