





United States Department of Agriculture

## PUMPKIN SOUP

Yields 6 servings

Prep Time: 15 minutes

1 sugar pie pumpkin

1 onion, sliced

2 garlic cloves

3 cups vegetable broth

1 cup water

salt and pepper

1. Cut pumpkin into 2" slices. Cut the skin off and scrape the seeds out.
2. Place pumpkin, onion, garlic, broth, and water in a pot. Bring to a boil, uncovered, then reduce heat and let simmer rapidly until pumpkin is tender - about 10 minutes.
3. Remove from heat and blend.
4. Season with salt and pepper to taste.

Recipe adapted from © [www.recipetineats.com](http://www.recipetineats.com)

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