

Pumpkin Soup

Ingredients:

2 cups cooked and pureed pumpkin

4 cups vegetable broth

½ cup onion, finely chopped

1 clove garlic, minced

3 Tbsp. olive oil

½ cup soy or rice milk

1 tsp. fresh parsley, chopped

½ tsp. thyme

½ tsp. sea salt

Cracked pepper

Tofutti or So Delicious soy sour cream

Preparation:

Prepare pumpkin from fresh or canned. If using fresh pumpkin, select small, “sugar” variety, cut in halves, scoop out seeds, lightly brush with olive oil and bake, cut side up, in baking pan filled with ½” water in 375 degree oven until soft. Cool and remove pulp and puree in blender or food processor. In skillet, heat olive oil and sautee onions and garlic until clear and lightly carmelized. Add pureed pumpkin and vegetable broth and other seasonings. Heat for 20 minutes, then slowly stir in soy or rice milk. Top servings with vegan sour cream. Serves 4-6.

Submitted by Melody Hofmann



