



Smokey Garlic Pumpkin Soup

This beta-carotene-rich soup has a soft smokiness to keep you warm throughout the winter.

Ingredients

3 tbsp butter
1 medium onion diced
2-3 garlic cloves, minced
1 carrot, cleaned and diced
½ c sweet potato, scrubbed and cubed
6 c vegetable broth
1 c pumpkin puree (or 1 c chopped raw pumpkin)
1 tsp **Smoked Garlic Seasoning**
1 tsp crumbled dry sage
½ c light cream
½ c smoked gouda cheese (smoked is optional)
¼ c fresh parsley, chopped



Directions

In large soup pot, heat the butter on medium, add onion, garlic, carrot & sweet potato. Sauté until onion is translucent.

Add vegetable broth, sweet potato, pumpkin and seasonings. Stir to mix, bring to boil, then reduce heat, cover and simmer about 30 minutes (until potato is tender).

Add cream, cheese and parsley (do not boil), stirring to blend. Puree in batches in blender until smooth, adding more cream or stock to thin if necessary.

Optional Toppings:

Grated fresh nutmeg, small rounds grated smoked gouda cheese, dollop sour cream, raw pumpkin seed, sprinkling of cayenne powder.

Recipe adopted from The Kitchen Witch, by Cait Johnson



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