

Easy to Make Pumpkin Soup by Food Storage Moms

Ingredients:

2 tablespoons olive oil

2 tablespoons freeze dried onion, not reconstituted, or 1 whole onion peeled and chopped

1-inch chunk of ginger, peeled and chopped

3 cloves of garlic chopped or equal amount of garlic powder (I used garlic powder, one tablespoon)

2-15-ounce cans of pumpkin puree (*not pumpkin pie mix)

4 cups chicken broth

1/4 teaspoon cinnamon

Freshly grated nutmeg, to taste

1-1/2 cups whole milk, cream or half and half

Salt and pepper, to taste

1/4 cup sugar-optional

Instructions:

In a medium-size saucepan sauté the onion, ginger, and garlic in the olive oil until tender. Add the pumpkin puree, chicken broth, cinnamon, sugar and freshly grated nutmeg. You can use regular nutmeg to substitute the freshly grated nutmeg. Simmer all the ingredients for about 15-20 minutes. Gradually add the milk the last 5 minutes of cooking. Add salt and pepper to taste.