

Angie Bloom

Pumpkin Soup

- 2 T butter
- 1 small onion
- 1/4 to 1/2 tsp rosemary
- 4 cups chicken broth, or stock
- 1 small to medium pumpkin or butternut squash is also very yummy
- 1/2 cup coconut milk, you could also use 1/2 in 1/2 or heavy cream (I like the dairy free option)
- 1 tsp salt
- 1/4 - 1/2 tsp white pepper
- dash of your favorite hot sauce, optional

Directions:

1. Sauté butter, onions, and rosemary.
2. Cut up pumpkin (or butternut) in chunks and add to the chicken broth. Add the sauteed onion mixture with salt and pepper. Add the hot sauce. Simmer on low heat until pumpkin is soft, 2 hours or less.
3. Puree mixture in small batches in blender lifting the cover to prevent splashing of hot liquid. Use caution, and don't put too much in blender.
4. Add coconut milk and/or cream and serve.