

Pumpkin Soup

Ingredients

2 tbl. butter
1 cup chopped onion
1 tsp. dried thyme
1 can stewed tomatoes (Italian style even better)
1 15oz can pumpkin puree, unsweetened
4 cups low sodium canned chicken stock, warmed
Fresh grated nutmeg
Salt
Pepper
½ cup heavy cream
2 scallions, thinly sliced

Directions

In a heavy large saucepan, melt butter over medium heat. Add onions and cook until tender about 5 minutes. Stir in thyme, stewed tomatoes, and pumpkin puree and bring to a simmer. Stir in warmed stock and return to a simmer and cook for 20 minutes. Puree soup in 3 batches in a blender. Season with nutmeg, salt and pepper. Stir in cream and return to simmer. Serve with sliced scallion