



Hearty Pumpkin Soup

Ingredients

- Flesh of one pumpkin, diced
- 1 carrot, diced
- 1 potato, diced
- 2 tablespoons of olive oil
- 1 shallots, diced
- 1 clove of garlic, diced
- 1 teaspoon of freshly diced ginger
- 7 cups of water
- ½ cup of freshly squeezed orange juice
- Sea salt to taste

Optional: add cayenne to taste

Directions

1. Heat up two tablespoons of olive oil in a big saucepan. Add two diced shallots, one diced garlic clove, and 1 teaspoon of freshly diced ginger. Sautee until glossy.
2. Add the flesh of one medium sized pumpkin, one diced carrot, and one diced potato. Sautee for approximately five minutes.
3. Add 7 cups of water as well as ½ cup of freshly squeezed orange juice. Bring to a boil.
4. Let boil for 20 minutes before using a kitchen wand to puree the vegetables.
5. Add salt and cayenne pepper to taste.
6. Serve with freshly baked sour dough bread and hot apple cider!

