

Pumpkin and Roasted Red Pepper Soup

- Yield: 6 Servings

Ingredients

- 2 teaspoons extra virgin olive oil
- 3 large carrots, peeled and chopped
- 1 large onion, chopped
- 2 garlic cloves, chopped
- 1/2 teaspoon ground cumin
- 1/2 teaspoon ground coriander
- 5 to 5 1/2 cups low sodium vegetable or chicken broth
- 1 cup roasted red peppers from a jar, drained and chopped
- 1/2 teaspoon kosher salt
- 1/4 teaspoon freshly ground pepper
- 1 (15-ounce) can pumpkin (not pumpkin pie filling)
- 2 tablespoons lemon juice



Preparation

1. Heat a large pot over medium heat. Add the oil and tilt the pan to coat the bottom evenly. Add the carrots and onion and cook, stirring often, until the vegetables are softened, 5 minutes. Add the garlic, cumin, and coriander and cook, stirring constantly, until fragrant, 30 seconds.
2. Add 5 cups of the stock, the bell pepper, salt, and ground pepper and bring to a boil over high heat. Cover, reduce the heat to low, and simmer until the vegetables are very tender, 15 to 20 minutes.
3. Place the vegetable mixture in a food processor or blender in batches and process until smooth. Return the soup to the saucepan and stir in the pumpkin. Add the remaining 1/2 cup of broth a few tablespoons at a time, if needed, to reach the desired consistency. Cook over medium heat, stirring often, until heated through. Remove from the heat and stir in the lemon juice. Ladle into bowls and serve at once. The soup can be refrigerated, covered, for up to 4 days or frozen for up to 3 months

Calories: 80

Fat: 2g

Carbohydrate: 16g

Sodium: 324mg

Saturated fat: 0g

Fiber: 4g

Protein: 2.0g