Creamy Pumpkin Soup
Serves: 6
Adapted from: cookieandkate.com

Items Needed: cutting board, knife, large pot, blender, measuring spoons, measuring cups, wooden spoon

Ingredients:

- 3 tablespoons olive oil
- Two 15oz cans pumpkin puree
- 1 large yellow onion, chopped
- 4 large or 6 medium garlic cloves, pressed or minced
- ½ teaspoon salt
- ½ teaspoon ground cinnamon
- ½ teaspoon ground nutmeg
- ⅛ teaspoon cloves
- Tiny dash of cayenne pepper (optional, if you like spice)
- Freshly ground black pepper
- 4 cups (32 ounces) low-sodium vegetable broth
- ½ cup non-fat plain greek yogurt
- 2 tablespoons maple syrup or honey

Directions:

1. Heat the olive oil in a large Dutch oven or heavy-bottomed pot over medium heat. Once the oil is shimmering, add onion, garlic and salt to the skillet. Stir to combine. Cook, stirring occasionally, until onion is translucent, about 8 to 10 minutes.
2. Add the pumpkin puree and spices. Use your stirring spoon to break up the pumpkin a bit. Pour in the broth. Bring the mixture to a boil, then reduce heat and simmer for about 15 minutes, to give the flavors time to meld.
3. Once the pumpkin mixture is done cooking, stir in the yogurt and maple syrup.
4. Remove the soup from heat and let it cool slightly. You can use an immersion blender to blend this soup in the pot, or working in batches, transfer the contents of the pan to a blender and purée the mixture until smooth. Transfer the puréed soup to a serving bowl and repeat with the remaining batches.

Nutrition Information (per 1 cup soup):

Calories: 160  Fat: 7 g  Carbs: 23 g  Protein: 3 g  Fiber: 5 g  Sodium: 305 mg
Provide the above nutrition specs. If not provided from your recipe source, use USDA food composition database located at https://ndb.nal.usda.gov/ndb/

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