**Autumn Pumpkin soup**

PREPARATION TIME: 20 Minutes  
COOKING TIME: 50 Hour

Total Time: 1 Hour 10 minutes

**Ingredients**

6 cups of vegetable stock\*

4 cups of puree (1 small pumpkin or squash)\*

½ cup of milk

1 large chopped onion

2 tablespoon of butter

1 Teaspoon Salt

1 Tablespoon Parsley

1 Tablespoon Thyme

1 Tablespoon Garlic

1 Tablespoon Pepper

**Instructions:**

Put half of the butter in a large pan. Wait until the butter is melted and then add the onions. Cook the onions until it is just starting to become transparent. Pour the stock into a large bowl and then bring it to a boil. Add 4 cups of pumpkin puree, the milk, the rest of the butter, the salt, and the spices. With a stick blender blend the mix. If you don’t have a stick blender you can use a upright blender, but only add about a half a cup at a time.

Cook for about 30 minutes and serve warm.

**Tip:** \*If you can’t find a gluten free vegetable stock you can use water, and a roasted bell pepper. Cut the bell pepper in half, cover it in little bit of salt and olive oil, roast it until the skin is starting to blacken. Let it cool. Peel off all the skin. Cut it in small chunks and add it the soup. It adds a rich flavor and you won’t miss the stock.

**Tip** \*You can make your own pumpkin. You will need 1 pie pumpkin (A squash will also work). Cut your pumpkin in half, scoop out the seeds. Place each half in a pan with an inch of water under it. Bake the pumpkin in the oven for about 1 hour. To prevent burns I bake it at 400 degrees for a half an hour, turn off the oven and leave it in there for 45 minutes. When you open the oven be careful there will be steam. You might want to open the oven and wait about 5 minutes before removing the pumpkin! After you removed the pumpkin scoop out the pumpkin puree! You will not need to blend it, it will be ready to use.