

Simple Pumpkin Soup

Makes 4 to 6 small servings

Ingredients:

1/2 cup onion
3 tbsp. butter
2 cups mashed cooked pumpkin (canned in OK)
1 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. ground pepper
3 cups chicken broth (with no MSG)
1/2 cup half and half

- Chop the onions and gently brown with butter in a pan.
- Add mashed pumpkin with onions in pan. Add the salt, nutmeg and pepper.
- Slowly add chicken broth and heat thoroughly, but do not boil.
- Just before serving add cream