

Pumpkin & Tomato Soup

Serves 6-8

Ingredients:

- 1 tbsp olive oil
- 1 medium yellow onion, coarsely chopped
- 2 garlic cloves, coarsely chopped
- 1 medium zucchini, coarsely chopped
- 1 cup cherry tomatoes, halved
- 1/2 tsp cayenne pepper
- 2 tsp dried sage
- 4 cups chicken bone broth (homemade is best)
- 1 19oz. can of diced tomatoes
- 1 cup pumpkin puree (homemade is best)
- sea salt & black pepper
- fresh basil, sliced into ribbons

Directions:

1. Heat olive oil in large pot over medium heat.
2. Add onion and garlic and lightly sauté for 5 minutes, and then add zucchini, cherry tomatoes, cayenne pepper, and sage, and cook for a few more minutes until fragrant.
3. Stir in bone broth, canned tomatoes, and pumpkin puree, and bring to a boil.
4. Once boiling, reduce heat and simmer uncovered for 30-40 minutes.
5. Puree the soup using an immersion blender or through batches in a regular blender, until smooth.
6. Add sea salt & black pepper to taste, and top with fresh basil before serving.