



# ***Pumpkin Pear Soup***

*MyPlate2Yours - Lynn Dugan*

## ***Ingredients***

2 ripe pears  
2 tablespoons olive oil  
1 sweet onion, diced  
3 tablespoons sage leaves, finely chopped  
1/2 teaspoon allspice  
1/2 teaspoon salt  
1/2 teaspoon pepper  
15 ounce can pumpkin puree  
4 cups (1 quart) vegetable broth  
Juice from 1/2 lemon (1 tablespoon)

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## ***Directions***

Cut pears in half. Slice one half into matchsticks. In a small bowl, combine matchsticks with lemon juice and one tablespoon chopped sage. Set aside. Dice remaining 1-1/2 pears for the soup.

In a stockpot, heat olive oil over medium high heat. Add onion and pears. Cook until vegetables are tender, about 6 minutes. Add sage, allspice, salt and pepper. Stir to heat spices.

*Immersion blender version:* Add pumpkin and broth. Bring to a boil and reduce heat to simmer. Cover partially allowing steam to vent, for 10 minutes. Use an immersion blender to puree the soup.

*Molly's blender version:* Blend contents of the stock pot with some of the broth in a blender. Return contents to pot and add pumpkin and remaining broth. Bring to a boil and then reduce to simmer. Cover (allow a slight vent) and cook for 10 minutes.

*All:* Portion soup into 6 bowls and garnish with reserved pear and pepitas. Enjoy!!