

Pumpkin Leek Soup

Time: 45 Minutes

Prep Time: 10 Minutes

Cook Time: 35 Minutes

Serves: 6

Ingredients:

1 large clove of garlic (minced)
2 cups of pumpkin (chopped)
1 can (15oz) pumpkin puree or homemade
3 leeks (Sliced thin, white parts only)
1 tablespoon of avocado oil
Salt and Pepper (to taste)
1 tablespoon Rosemary (chopped)
6 cups of chicken stock
1 small container of Sour Cream

Equipment:

1 large pot
1 large sauté pan
1 spatula
1 blender
1 ladle

Directions:

1. In a large pot heat chicken stock until boiling. Reduce to a simmer.

Meanwhile:

1. In a large sauté pan heat oil over medium heat.
2. Add leeks, rosemary, garlic and sauté for 5 minutes
3. Add pumpkin and cook for 10 more minutes
4. Remove from heat and add leek mixture, pumpkin puree and salt and pepper
5. Stir soup together and heat on low for 20 minutes
6. Remove soup from heat and ladle into blender 2 cups at a time
7. Blend until pureed (be careful when removing lid)
8. Pour into a bowl stir together
9. Top with chives and sour cream
10. Enjoy



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