

Spicy Pumpkin Soup with Cinnamon Croutons

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Now that we know a little bit more about our friend, the pumpkin, let's see if we can't cook up a little Pumpkin Soup with Croutons!

Creamy and Sweet Pumpkin Soup with Croutons

Ingredients:

- 🍂 2 tablespoons brown sugar
- 🍂 15 oz can pumpkin puree
- 🍂 2 cans salt free chicken broth, 14 ½ oz each
- 🍂 1 cup chopped onion
- 🍂 5 tablespoons softened butter
- 🍂 ¼ teaspoon ground cinnamon
- 🍂 4 slices whole wheat bread
- 🍂 ¼ teaspoon cinnamon
- 🍂 ½ teaspoon salt
- 🍂 ½ teaspoon pumpkin pie spice
- 🍂 1 cup heavy whipping cream
- 🍂 ⅛ teaspoon ground black pepper
- 🍂 Handful cilantro leaves
- 🍂 ½ teaspoon ground ginger

Preparation:

Preheat oven to 400 degrees F.

Mix together cinnamon, half the sugar and butter. Spread butter evenly over one side of each slice of bread. Put the bread, buttered side up, on a baking tray. Bake for about 8 minutes, or until bread is toasted.

Cut bread slices into small squares or triangles.

Sauté onion in the rest of the butter until tender, then add half the chicken broth. Stir the mixture well, bring it to a boil, then cover the pan, turn the heat down, and let it simmer for about 15 minutes.

Process broth in a food processor or a blender until it is smooth, then put it back in the pan and add the other can of broth, salt, cinnamon, pumpkin pie spice, pumpkin puree, pepper, the rest of the sugar and ginger.

Stir mixture well and bring it to a boil.

Cover pan, turn the heat down, and let the pumpkin soup simmer for about 10 minutes, stirring it all the time.

Stir in cream and warm it through without boiling.

Ladle soup into 6 serving bowls. Top each one with croutons and cilantro leaves.

Enjoy!

This pumpkin soup recipe and other variations of it can be found here:

<http://www.pumpkinsoup.org/>