



FROM THE KITCHEN OF: JEFF PAARLBERG
BRANCH MANAGER - JSG JACKSONVILLE

PUMPKIN SOUP

INGREDIENTS

- 2 tablespoons butter
- 1 large Granny Smith apple
- 1 (8 oz) container fresh diced yellow onions
- 2 (15 oz) cans pumpkin puree
- 4 cups reduced-sodium chicken broth (or stock)
- 2 teaspoons kosher salt
- 1/2 teaspoon pepper
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 2 cups half-and-half
- 1/2 cup pepitas (or pumpkin seeds)
- 1/2 cup maple syrup

"I LOVE THE SCENTS OF WINTER! FOR ME, IT'S ALL ABOUT THE FEELING YOU GET WHEN YOU SMELL PUMPKIN SPICE, CINNAMON, NUTMEG, GINGERBREAD, AND SPICE."

- TAYLOR SWIFT

INSTRUCTIONS

Peel apple and remove core, then cut into small cubes. Preheat a large stockpot on medium heat for 1–2 minutes.

Place butter in pot to melt. Add apples and onions; cook 8 minutes, stirring occasionally, or until softened.

Add pumpkin, chicken broth, salt, pepper, cinnamon, and nutmeg; stir to combine.

Simmer 10 minutes, stirring occasionally, until hot.

Remove from the heat; stir in half-and-half.

Add one-half of the soup mixture to blender; pulse on HIGH for 1–2 minutes until very smooth.

Return soup to pot; repeat with remaining half of soup. Return pot to low heat to keep soup warm.

