

Sarah's Celebration Pumpkin Soup

- 3 T. olive oil
- 1 finely chopped onion
- 1 celery heart, finely chopped
- 1 red pepper seeded and finely chopped
- 2 tsp. salt
- 3 T. flour
- 1-2 T chili powder
- 1 T dried poultry seasoning
- 3 cans vegetable broth
- 1-29 oz. can pureed pumpkin (Sarah likes to use fresh cooked pumpkin from her garden)
- 1 can coconut milk
- 1 tsp. nutmeg (optional, though highly recommended)

In a pan, heat olive oil. Saute chopped veggies and salt until soft. Add flour, chili powder, and poultry seasoning. Stir for one minute. Whisk in broth, bring to a boil, reduce heat and whisk in pumpkin and coconut milk and optional nutmeg. Cook for ten minutes and then enjoy. Don't burn your tongue!

Raw Melissa