



Pumpkin Soup & Kale Saute

Ingredients

- 2 c pumpkin raw diced
- (substitution butternut squash)
- 1 yellow onion diced
- 1 medium potato peeled diced
- 3 cloves garlic
- 3 c chicken or vegetable broth
- 1/4 tsp cinnamon
- 1/8 tsp crushed red pepper
- 4 oz goat cheese
- 1 bunch kale
- 15 oz can garbanzo beans
- 1/2 lemon
- olive oil
- salt & pepper



Directions

1. In a medium saucepan add 1 table spoons olive oil, diced onion, diced potato, and diced pumpkin. Heat on medium until the onions are soft.
2. Add 2 gloves of minced garlic, cinnamon, and crushed red pepper. Stir for 1 minute until fragrant.
3. Add broth, salt and pepper. Bring to a boil then reduce heat to a simmer. Cover and simmer for 20 minutes, until vegetables are soft.
4. Meanwhile, remove stems from the kale and roughly chop. Drain and rinse the chick-peas.
5. In a separate skillet heat 1 tbsp olive oil, add 1 clove minced garlic, kale, and chick-peas. Heat through until the kale wilts. Top with lemon juice, salt & pepper.
6. When the soup is cooked blend with an immersion blender until smooth.
7. Top soup with crumbled goat cheese and serve with a side of the sautéed Kale.