



My Bariatric Solutions Pumpkin Soup

It's fall y'all! Thanks to My Bariatric Solutions, we've got just the recipe to get you in the mood! And with just a simple vegetable broth substitution, this recipe can be made vegan! Convenient, right?

Ingredients:

- 1 tbsp olive oil
- 3 ½ cups chopped yellow bell peppers (about 2 large)
- 1 ½ cups chopped carrots (about 1 medium)
- 1 cup chopped onion (about 1 medium)
- ½ tsp Spanish smoked paprika
- 2 garlic cloves, chopped
- 5 cups fat-free, less-sodium chicken broth, divided
- 1.4 tsp freshly ground black pepper
- 1 (15 oz) can salt-free pumpkin puree
- 2 tbsp fresh lemon juice
- 2 tbsp unsalted pumpkin seed kernels, toasted
- 1 tbsp chopped fresh parsley (for garnish)

Directions:

- Heat oil in a Dutch oven over medium high heat. Add bell pepper, carrot, and onion; cook 10 minutes or until tender, stirring occasionally.
- Add paprika and garlic; sauté for 1 minute. Add 3 cups of the broth and black pepper; bring to a boil.
- Cover, reduce heat, and simmer 20 minutes or until the vegetables are tender.
- Place one-third of vegetable mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid spills). Blend until smooth. Pour into a large bowl. Repeat procedure with remaining vegetable mixture.
- Return pureed vegetable mixture to Dutch oven; stir in remaining 2 cups broth and pumpkin.
- Cook over low heat for 10 minutes or until thoroughly heated, stirring frequently. Stir in the lemon juice.
- Ladle 1 cup soup into each of 7 bowls; top each serving with about 1 teaspoon pumpkin seeds and about 1/2 teaspoon parsley.
- Serve and enjoy.

“If you never try, you'll never know.”

