



Smokey Pumpkin Chipotle Puree with Chicken Sausage **By Erika Reagor**

Serves 8-10

This soup is certainly festive and great for Halloween. The sweet flavor of the pumpkin combined with the smokiness of the chipotle peppers creates a warm, comforting fall soup.

Key: Wheat/Dairy-free; Time: 1 hour

1-2 medium sugar pie pumpkins, about 2 cups worth**
1 Tablespoon grape seed oil
1 medium yellow onion, chopped
4 celery stalks, sliced
3-4 cloves garlic, minced
14 oz can coconut milk, light or full fat*
(If you are not using sausage, use full-fat coconut milk to balance out the sugars in the pumpkin.)
2 cup vegetable broth, boxed or fresh
1-2 chipotle pepper
1 Tablespoon grape seed oil
2 links of chicken or turkey sausage of choice, halved and sliced into 1/2" cuts
1/2 cup green onion, thinly sliced
Sea salt to taste

Preheat the oven to 400°F.

Cut the pumpkin in half and remove seeds with a spoon. Oil a sheet tray lined with foil and place the pumpkin face down so the center begins to steam as it cooks. Roast for 45 minutes. Once cooked, allow to cool for 10-15 minutes. Remove skin from the pumpkin.

****This step is best if done a day ahead of time as the cooking and cooling time takes an hour or more.**

In a 2 qt sauce pan, heat the oil over medium heat and add the onion. Sauté until translucent, about 2 minutes. Add the celery and garlic, sauté an additional 2-3 minutes.

Add the pumpkin, coconut milk, 2 cups of the broth and the chipotle pepper. Bring to a boil, reduce to a simmer. Simmer for 10 minutes. Remove from heat and let cool slightly.

If using sausage, heat oil in a sauté pan over medium-high heat and add the sausage. Sauté until golden and cooked through. Remove from heat.

Place several cups of soup into a blender and blend until smooth. Continue to blend in batches until all is pureed. Place soup back in pot and turn heat to low. (Alternative: use an immersion blender to simplify this step).

Stir in sausage along with the green onions and additional vegetable broth to adjust thickness. Sea salt to taste and let cook for an additional 5-10 minutes. Serve!

Nutrition Facts-

Serving Size: 1 c

Calories: 104

Fat: 6g

Carbohydrates: 8g

Sugar: 2g

Protein: 5g

GL: 2