

# Recipe

## Featured Recipe

### LUNCH

## Savory Pumpkin and Sage Soup

8 Servings

### INGREDIENTS

- ¼ cup olive oil
- 3 large sweet onions, sliced
- 3 cloves garlic, chopped
- 2 large leaves sage, chopped
- 2 teaspoon fresh ginger, grated and peeled
- ¼ teaspoon ground nutmeg
- 2 quarts lower-sodium vegetable or chicken broth
- 3 15-ounce cans pure pumpkin
- 1 tablespoon lemon juice
- 1 inch oil
- 24 small sage leaves
- Kosher salt
- 7 ounces shiitake mushrooms, stemmed and very thinly sliced

### NUTRITION

Per serving: Each serving contains about 215 calories, 5g protein, 32g carbohydrates, 10g fat (1g sat), 9g fiber, 750mg sodium

Source: <https://www.goodhousekeeping.com/food-recipes/easy/a34568/savory-pumpkin-and-sage-soup/>

### DIRECTIONS

1. In 5-quart saucepot, heat oil on medium. Add onions and salt. Cook 40 minutes or until deep golden brown, stirring occasionally. Add garlic, sage, ginger and nutmeg. Cook 5 minutes or until garlic is golden, stirring occasionally. Add broth and pumpkin. Heat to simmering on high, scraping up browned bits from bottom of pot. Reduce heat to maintain simmer; cook 20 minutes stirring occasionally.
2. With immersion blender or in batches in blender, puree soup until smooth. Stir in lemon juice, 1 teaspoon salt and ¼ teaspoon black pepper. Makes about 10 cups. Soup can be made and refrigerated up to 2 days ahead. Reheat on medium. (If soup is too thick, add water or broth for desired consistency.)
3. Make the Sage and Shiitake Garnish: In 2-quart saucepan, heat oil on high until hot but not smoking. Add sage leaves to oil. Fry 1 to 2 minutes or until leaves are browned, stirring occasionally. With slotted spoon, transfer to large paper-towel-lined plate; sprinkle with pinch of salt. In batches, add shiitake mushrooms to hot oil. Fry 2 minutes or until deep golden brown, stirring occasionally. Transfer to same plate as sage; sprinkle with pinch of salt. Cool completely. Garnish can be made up to 3 hours ahead. Let stand at room temperature.



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