

Cumin Pumpkin Soup

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Prep Time: 10 min

Inactive Prep Time: hr min

Cook Time: 10 min

Level: Easy

Serves: 4 servings

- 1 (15-ounce) can pumpkin (not pie filling)
- 1 1/2 cups reduced-sodium chicken broth
- 1 cup lowfat milk
- 1 teaspoon ground cumin
- 2 bay leaves
- Salt and ground black pepper
- Fresh sage leaves
- Popcorn and pumpkin seeds, for garnish

In a medium saucepan, whisk together pumpkin, broth, milk, and cumin. Add bay leaves and set pan over medium heat. Season with salt and pepper. Bring to a simmer. Simmer 10 minutes. Remove from heat, remove bay leaves and season, to taste, with salt and black pepper. Garnish with sage, popcorn and pumpkin seeds before serving.