



Pumpkin Soup

Prep: 10 minutes

Cook: 25 minutes • Serves: 8

- 1 tablespoon olive oil
- ½ medium yellow onion, chopped
- 2 garlic cloves, minced
- ½ teaspoon McCormick® ground allspice
- ½ teaspoon McCormick® ground nutmeg
- 1 pinch McCormick® ground red pepper
- 2 cans (15 ounces each) 100% pure pumpkin
- 1 bay leaf
- 4 cups less-sodium chicken broth
- 1 cup whole milk
- 1 tablespoon honey
- 1 teaspoon kosher salt
- ⅛ teaspoon white pepper
- 1 cup nonfat plain Greek yogurt
- Fresh thyme leaves for garnish (optional)

1. In large saucepot, heat oil over medium heat; add onion and cook 5 minutes or until softened, stirring occasionally. Stir in garlic, allspice, nutmeg and red pepper; cook 1 minute. Stir in pumpkin, bay leaf and broth; increase heat to high and heat to a simmer. Reduce heat to medium-low; simmer 15 minutes, stirring occasionally.

2. Stir in milk, honey, salt and white pepper; remove and discard bay leaf. Using a blender or stick blender, purée soup until smooth. Makes about 8 cups.

3. Serve warm, topped with yogurt; garnish with thyme, if desired.

Approximate nutritional values per serving:

*115 Calories, 3g Fat (1g Saturated), 5mg Cholesterol,
545mg Sodium, 15g Carbohydrates, 0g Fiber, 6g Protein*