

Our State eats

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Zesty Pumpkin Soup

Yield: 8 cups.

- ¼ cup salted butter**
- 1 cup onion, chopped**
- 2 cloves garlic, minced**
- 1 teaspoon ground allspice**
- 2 teaspoons salt**
- ¼ teaspoon ground coriander**
- ⅛ teaspoon cayenne pepper**
- 3 cups chicken broth**
- 1 (16-ounce) can pumpkin**
- 1 cup heavy cream (or whole milk)**
- Toasted pumpkin seeds (optional)**
- Sour cream (optional)**

Melt butter in a heavy-bottom saucepan. Add onion and sauté for 5 minutes. Stir in garlic, allspice, salt, coriander, and cayenne pepper. Add chicken broth and pumpkin, and cook on medium heat for 20 minutes. Add cream and stir. For a smoother consistency, add soup mixture to blender (in small batches), and blend until smooth. Garnish with toasted pumpkin seeds and sour cream.



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