

Pumpkin Soup

INGREDIENTS

- 2-3C pumpkin, or 2 boxes organic pumpkin
- 5 carrots, chopped
- 1 medium yellow onion, chopped
- 2 cloves garlic, chopped
- 1 large sweet potato (or 2 medium), chopped
- 2-4tbs ghee or coconut oil
- 1tsp sea salt
- 1tsp black pepper
- 6-8C bone broth

1. Heat ghee in saucepan. Once melted, add veggies, sea salt, and black pepper and toss until well coated.
2. Saute veggies until they begin to sweat and lightly soften, about 7-10 minutes.
3. Add broth and bring to boil then reduce to simmer and cook for about 20 minutes or until veggies are completely soft. You should be able to pierce the potato and carrot with a fork.
4. Blend with an immersion blender or regular blender until smooth. Serve garnished with a little avocado oil, sea salt, and parsley.