

# Sugar Pumpkin Soup

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This soup is loaded full of heart healthy fats like omega 3 and 6 that your body will love. Pumpkin is highly nutritious and packed full of vitamins, particularly rich in Vitamin A. Nutrient dense and low in calorie count, it's a great way to promote weight loss.

## INGREDIENTS

- 1 small (about 2 lbs) sugar pumpkin
- 1 cup Alligga Flaxseed cooking oil
- ½ cup garlic cloves
- 1 medium onion chopped
- 2 stalks celery chopped
- 2 carrots peeled and thin sliced
- 1 cup white wine
- 6 cups chicken or vegetable stock

1 tsp cinnamon ground  
½ tsp nutmeg ground  
2 bay leaves  
kosher salt to taste  
½ cup butter unsalted  
¼ cup fresh italian parsley leaves only, chopped  
¼ cup pumpkin seeds toasted

## **DIRECTIONS**

- 1 Cut the pumpkin in half, remove the seeds, drizzle with some flax seed oil, sprinkle with salt and roast in an oven at 375°F until the pumpkin is soft to the touch.
- 2 Once the pumpkin is cool enough to hold, scoop out the pumpkin flesh and discard the shell.
- 3 In a large pot, heat the 1 cup of flax seed oil over medium heat with the garlic cloves and cook until the garlic is soft and browned in color.
- 4 Add the onions, celery, carrots, cinnamon, nutmeg and bay leaves and cook on medium high heat till the vegetables start to soften slightly.
- 5 Increase to high heat, add the white wine and boil to reduce the wine by half.
- 6 Add the cooked pumpkin, a large pinch of salt and the stock and simmer until all the vegetables are fully cooked and soft.
- 7 Remove the soup from the heat, discard the bay leaves, add the maple syrup and puree in a blender in batches with the unsalted butter.
- 8 Strain the soup through a fine mesh strainer and taste for seasoning, add more salt if necessary.
- 9 Serve the soup in bowls sprinkled with some toasted pumpkin seeds and parsley.

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