

Pumpkin Sweet Potato Soup

- 4 cups fresh pumpkin flesh, peeled, seeded, chopped
- 2 cup chopped sweet potato
- 1 cup diced apple
- 1 cup apple cider
- 7 cups water
- 2 tablespoons butter
- 2 tablespoons chicken base
- 1 cups chopped yellow onions or leeks
- 2 tsp minced garlic
- 1 bay leaves
- 1/2 teaspoon freshly ground white pepper
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon freshly grated nutmeg
- 1/8 teaspoon ground allspice
- 2 tablespoons smooth peanut butter (optional)



Sauté onions/ leeks and garlic in pot with butter when golden. Add pumpkin sweet potato, apple, apple cider, water, bay leaf and chicken base simmer for 30 minutes or more till pumpkin is tender, add spices to taste, mash pumpkin and potato pieces with spoon or potato masher to thicken soup.

If you want to thicken soup more mix tsp of cornstarch with ½ cup water mix till dissolved and add to soup, simmer till thickened.