

Tomato Pumpkin Soup

Serves 6-8



Note: I used cooking stock because that's what I had, but feel free to use vegetable stock or chicken stock/broth. Puree your soup to the consistency you like, and if you like thinner soup, you may want to add more stock/broth.

- 1 tablespoon olive oil
- 1/2 white onion, diced
- 2 (28 ounce) cans of diced tomatoes
- 1 15 ounce can pumpkin puree
- 1 tablespoon tomato paste
- 1 tablespoon brown sugar
- 2 teaspoons fresh sage, diced
- 1 tablespoon flour
- 1 cup cooking stock or vegetable stock
- Salt and pepper to taste
- Pinch cayenne

In a large pot, heat the tablespoon of oil over medium heat. Add the onion and cook for 5-7 minutes or until soft. Drain one can of tomatoes and keep the juice. Add the drained tomatoes, tomato paste, brown sugar, and sage and cook for 10 minutes. This will help to concentrate the tomato flavor before you add in everything else. Stir in the flour and cook for one minute. Add in the reserved tomato juice, the other can of diced tomatoes with the juice, the can of pumpkin, and the stock. Simmer for 20 minutes. Puree in batches in a food processor or a blender until smooth or is the consistency you prefer. Add in salt and pepper to taste and the pinch of cayenne. If you like thinner soup, add in more cooking stock.

Source: Greatly adapted from America's Test Kitchen

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