



CREAMY PUMPKIN SOUP WITH CHICKEN SAUSAGE AND KALE

By Dr. Cindy Tanzar
(Standard)

Soup and Fall just go together. When the nights get cool, nothing is more comforting than a steamy bowl of creamy soup. The great thing about any soup recipe is its versatility. If you don't care for a particular ingredient... leave it out or put something else in its place. Soup can be hard when trying to create exact portions for a serving (i.e., you will need to add another 1.5 oz of protein to your meal on the side with this recipe), however, it is worth it to have delicious recipes, variety and flavors that keep you from feeling deprived.

Makes 5-6 servings. Because there is a lot of liquid, measure one serving as two cups per meal, and add the extra 1.5 oz of protein. This will cover your vegetable and protein for one meal. The fat is negligible.



INGREDIENTS

- 2 cups cauliflower, cooked and mashed/pureed
- 1 Tbsp Kerry Gold butter
- 1 Tbsp. virgin coconut or avocado oil
- 1 12-oz. pkg. Al Fresca Sweet or Hot Italian Chicken Sausage



5-7 mushrooms, thinly sliced
1 red pepper, small diced
1/2 tsp. pink Himalayan salt
1/4 tsp. freshly ground black pepper
1 15-oz. can pure pumpkin (not pie filling)
4 cups organic chicken broth (about one box)
2 cups baby kale or spinach, roughly chopped

INSTRUCTIONS

Prepare cauliflower first – either steam or microwave fresh cauliflower or frozen cauliflowerets until very soft and tender. Place in a blender with butter (or mix with beaters) until smooth and creamy. Set aside.

In a large soup pot, heat oil over medium-high heat. Brown the chicken sausage in the oil. (You can either remove the casings and break the sausage up to brown or slice into coins and cut them into halves or quarters).

Add the sliced mushrooms, peppers, salt and pepper, sautéing about 5 minutes. Add the pumpkin, broth, and kale, simmering for another 5 minutes. Add the pureed cauliflower to the soup and cook for an additional 2-3 minutes.