



PUMPKIN & SAUSAGE SOUP

By Dr. Cindy Tanzar
(Standard/Maintenance Plans)

I love this soup! This recipe is a perfect representation of Fall, yet is great throughout all the cold months. It's very hearty with a surprisingly rich depth of flavor for such a small amount of cooking time. Since this is a soup, you can add more broth after cooking if you like it thinner. You can also just start with 1/4 cup of cream, taste, then add more if you like.

This recipe provides 3 servings and is easily doubled. You just need to divide the servings equally. One serving covers your protein, fat and cooked vegetable for one meal.



INGREDIENTS

- 2 Tbsp avocado oil
- 1 pkg Al Fresca Italian Chicken Sausage (4 links)
- 1 medium onion, chopped
- 1 large Red Bell pepper, diced
- 1 garlic clove, minced
- 3/4 tsp. poultry seasoning



1/4-1/2 tsp. crushed red pepper flakes (to taste)
1/4 tsp. Pink Himalayan salt
2/3 cup canned pumpkin
2 cups chicken broth
1/4-1/2 cup heavy cream (to taste)
1 Tbsp Kerry Gold butter

INSTRUCTIONS

Cut the sausage links in half lengthwise, and in half lengthwise again, making strips. Then dice the strips of sausage.

Heat oil in a large pan over medium-high heat. Add the sausage, onion and red pepper, cooking until browned (10-15 minutes). Do not rush this step, as the browning adds a lot of flavor. You may need to lower the heat to medium halfway through.

Add garlic, poultry seasoning, crushed red pepper and salt, mixing well. Stir in the pumpkin and chicken broth, cover and simmer 15 minutes.

Remove from heat and add in the heavy cream and butter. Mix well and serve.