

Carrot Pumpkin Soup

Instructions

1. Heat the olive oil in a saucepan over medium heat. Add the onion and garlic and sauté for 2-3 minutes, until soft and translucent. Add the pumpkin, parsley root, and carrot, and cook for another 5 minutes, stirring occasionally.
2. Add the vegetable stock and herbes de Provence and stir together. Reduce the heat to low, cover, and simmer for 25 minutes.
3. Remove the soup from the heat. Using an immersion blender or food processor, pulse until smooth.
4. Stir in the cream and season with salt and pepper to taste. If desired, add a pinch of chili powder for spice.
5. Transfer the soup to serving bowls, and garnish with a swirl of cream, fresh herbs, and sunflower seeds. Serve immediately.

Ingredients

- 3 tbsp olive oil
- 1 medium onion, chopped
- 3 cloves of garlic, minced
- 1 cup of pumpkin, chopped into 1" pieces
- 1 medium parsley root, chopped
- 3 medium carrots, chopped
- 2 ½ cups of vegetable stock
- 1 tsp of herbes de Provence spice mix
- ½ cup of half and half cream, set aside more to use as a garnish
- Salt and pepper, to taste
- Optional: add a pinch of chili powder for spice
- Optional: garnish with fresh herbs
- Optional: garnish with roasted sunflower seeds

Grocery List

Produce

- Onion
- Garlic
- Pumpkin
- Parsley root
- Carrots
- Fresh herbs

Canned Goods/Grocery

- Olive oil
- Vegetable stock
- Half and half cream
- Roasted sunflower seeds

Spices

- Herbes de Provence
- Salt
- Freshly ground pepper
- Chili powder