



Roasted Pumpkin & Sweet Potato Ginger Soup

Serves six

3 cups peeled and cubed (large) pumpkin
3 large sweet potatoes – peeled and cubed
1/8th cup olive oil
2 tsp. salt
2 tsp. black pepper
1 tsp. brown sugar
3 – 1 inch pieces fresh ginger – peeled and smashed
1 whole chili pepper – optional
8 cups water
1 cup half & half

Heat oven to 400 degrees.

Place the pumpkin and sweet potatoes in a roasting pan. Make sure not to pile them up so they roast evenly. Drizzle with olive oil, salt, pepper and brown sugar. Place in the oven and roast for about 35 to 40 minutes – until vegetables are cooked through and browned.

While the veggies roast, add the ginger and chili pepper to a large pot. Add the water and bring to a simmer. When the veggies are ready, remove the ginger and chili pepper. Add the roasted vegetables and simmer for about 20 minutes. If you have a hand held immersion blender, blend the soup now. If you have a glass blender, cool down the soup and blend until smooth.

Add the half and half and mix well. Adjust the salt and pepper to taste. Stir and heat through. Serve topped with croutons, shoe string potatoes or chopped herbs of choice. Enjoy!

CALORIES 169.14.; FAT 9.26grs (sat 3.56; mono 4.64; poly 0.67); PROTEIN 2.93 grs ; FIBER 2.57 grs;
CARBS 20.07 grs; CHOLESTEROL 14.92 mg; IRON 1.24 mg; SODIUM 829.55 mg; CALCIUM 80.14 mg