



Pumpkin Soup

- 1 medium sized sugar pumpkin
(or winter squash-cut into large pieces)
- 2 or 3 medium sized tomatoes, fresh and chopped
- 1 quarter of an onion, chopped
- 3 cloves garlic, minced
- Real Salt TM
- 1 liter of bone broth or other organic grass-fed broth
- 1 can of coconut cream (optional)

1. Cut the pumpkin into five or six large chunks. Steam the chunks until they are soft and then allowed to cool. Once the pumpkin pieces are cooled, peel them.

2. In a separate skillet, saute minced garlic, chopped onion, chopped tomato, and chopped mushroom if desired, with the coconut oil and a little bit of salt.

3. In a blender or food processor, add one cup of broth along with the peeled pumpkin pieces and all of the ingredients from the saute.

4. Puree all of these ingredients together until the desired consistency is achieved; adding more broth if needed.

5. In a soup pot, add all of the ingredients from the food processor. Stir in more broth as needed. Add the coconut cream if desired. Heat the soup to a low simmer for five to ten minutes before serving.

