PUMPKIN SOUP Recipe

FERTILIZER:
helping all kinds of
LITTLE SPROUTS
GROW.
The most important ingredient in this – and every recipe – is fertilizer. Fertilizer grew the pumpkins to make this delicious soup. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

NECESSARY INGREDIENTS:
NPK to grow the pumpkin
1 (2 lb.) pumpkin, halved & seeds removed and saved - 1 tsp. salt
1/4 tsp. plus a pinch freshly ground black pepper - 3 tbsp. olive oil
twospice ground cinnamon - 1 tsp ground allspice - 3/4 cup chopped onion
1/2 cup chopped carrot - 1/4 cup chopped celery - 2 tbsp minced ginger
1 tbsp minced garlic - 3 1/2 cups vegetable stock - 3 tbsp. pumpkin seed oil
15 to 20 sage leaves, fried

DIRECTIONS:
- Preheat the oven to 400 degrees F.
- Place the pumpkin cut side up on a parchment-lined baking sheet. Season with 1/2 tsp. of salt and 1/4 tsp. of pepper. Invert to the cut side down, and drizzle with 1 tbsp. of the olive oil. Place in the oven and roast until the skin is golden brown and the pumpkin is tender, 90 to 60 minutes.
- Spread the pumpkin seeds on a foil-lined baking tray. Drizzle with 1 tbsp. of the olive oil. Place in the oven and roast until the skin is golden brown and the pumpkin is tender. Discard the skin. Set seeds aside for garnish.
- Once cool enough to handle, use a spoon to scoop the pumpkin flesh from its skin and set pumpkin aside until ready to use. Discard the skin.
- Set pan aside until ready to wash, or until the vegetables are soft.
- Remove the soup from the heat and process with an immersion blender until smooth. Season with the remaining 1/2 tsp. salt and pinch of pepper.
- To serve, ladle 1 cup of the soup in each of 6 warmed soup bowls. Drizzle 2 teaspoons of the pumpkin seed oil in the bowl and garnish with 2 or 3 fried sage leaves and pumpkin seeds.

To learn more about how fertilizer feeds the world, visit NutrientsForLife.org.