



# Pumpkin Soup

*(Or any other winter squash)*



5 Servings



1 hr

## INGREDIENTS

1 medium pie pumpkin (or about 2lb winter squash)

Olive oil

salt and pepper

1 can white beans (or 1c raw)

6 strips bacon

1 onion, diced

2 cloves garlic

1 bell pepper, diced

3 green onions sliced

2 carrots, diced

2c chicken stock or water and 1

bouillon cube

sour cream for serving

## NOTES:

This soup can be made with any kind of winter squash, Feel free to add in any spices you like. I like to add cumin and paprika.

## DIRECCIONES

1. Using a strong knife, cut the pumpkin in half and scrape out the seeds. Drizzle olive oil and sprinkle salt and pepper on the pumpkin. Bake in the oven until pumpkin collapses and is very tender.
2. In a medium sized pot cook your beans if using raw bean . This should take up to two hours. use plenty of water.
3. Using scissors, cut the bacon into a large pot, and cook until it becomes crispy. Remove the bacon from the pot and reserve for later use.
4. Using the bacon fat, sauté the onions, garlic, bell peppers, and carrots until they become aromatic. Season with salt after each addition of vegetable.
5. Add in the chicken stock and cook until tender.
6. When the pumpkin is completely cooked and cooled enough to handle, scrape the pumpkin flesh into the pot along with the beans . You will need a whisk to break it apart. Add more water and salt to adjust the consistency and flavor.
7. Serve with bacon and sour cream