Savory Pumpkin Soup

INGREDIENTS:

1 Tbsp. olive oil
1 medium red onion, chopped
3 garlic cloves, minced
2 Tbsp. chopped sage (~10 leaves)
4 c. low sodium vegetable broth
1 (15-oz.) can pumpkin puree (not pumpkin pie filling)
1 (15.5-oz) can navy beans*
1 tsp. turmeric
½ tsp. nutmeg
½ tsp. salt
⅛ tsp. pepper
Dried cranberries, pomegranate seeds and/or sage for garnish (optional)

DIRECTIONS:

In a large pot, heat olive oil over medium heat. Add onion and cook for 5 to 7 minutes, until translucent. Add garlic and sage, and cook for another minute. Add vegetable broth, pumpkin, beans, turmeric, nutmeg, salt, and pepper, and stir to combine. Bring to a simmer. Allow the soup to cool before transferring in small portions to a blender to puree. You may use an immersion blender too. Transfer the soup back into the pot and let cook on medium-low heat for 5 to 10 minutes. Add additional salt and pepper to taste. Garnish as desired.

*Adding additional beans and pumpkin will change the consistency. If a thicker consistency is desired, add more beans and pumpkin.

NUTRITION:

Makes six (1 cup) servings. Each serving has 130 calories, 2.5 g fat, 5 g protein, 21 g carbohydrates, 6 g fiber, and 300 mg sodium.