

Autumn Harvest Soup Winola Scroggins Lake

here is a recipe (sort of-cause I typed my best version of it and I dont measure anything with it...) for that cubed pumpkin you canned last year cause it's not just for pumpkin pie! This soup is a huge hit with my family

ingredients:

2 large cans of pumpkin puree (you can use fresh, just bake it, mash it then puree it)

2 large cans of chicken broth

1 or 2 pounds of mild ground sausage (browned and drained thoroughly)

1 C diced onion

3 tablespoon of garlic minced dried or fresh depending on what's available

2 (or 3 if preferred--taste after 2) Cups of cream or milk, or powdered milk.

1 large can hominy (drained and rinsed) *my little one thought it was potatoes!

salt, pepper to taste

1/4 - 1/2 Cup of any type of greens (spinach, kale, collards, etc.) to be placed in pot about 5 to 10 minutes prior to serving. mainly for color

Directions:

Use a large stock pot and saute your onion and garlic in a very small amount of oil (or margarine) until tender. Add in all other ingredients. Add green stuff about 15 minutes prior to serving. Simmer for about 30 minutes.

This recipe makes enough for a few days for a couple of people. It also freezes well.

Depending on your soup preferences, you can play with the consistency of the pumpkin puree in ratio to your chicken broth and cream/milk. it can be thick and hearty or thin and tasty.

You can make a "lite" version by omitting the cream/milk and adding non-fat dry or dairy creamer. You can eliminate sausage for less fat.