



Recipes



Creamy Pumpkin Soup

Prep time: 5 minutes

Cooking time: 15 minutes

Makes: 10 servings

Tools:

- Medium saucepan
- Can opener
- Large spoon
- Measuring cups and spoons
- Knife (for teacher's use)
- Cutting board (for teacher's use)

Ingredients:

- 2 Tbsp butter
- 1 small yellow onion, diced
- 1 15 oz. can pumpkin puree
- 3 cups chicken broth
- ½ tsp chili powder
- ¼ tsp nutmeg
- ½ tsp smoked paprika
- ¼ tsp cayenne pepper
- freshly cracked black pepper
- salt to taste



Directions:

1. Gather the ingredients and explain to the children what is going to be created for tasting.
2. Dice the yellow onion then add it to a medium saucepan with the butter.
3. Sauté the onion over medium heat until soft and translucent, about 3 minutes.
4. Enlist the children to assist by having them measure and add the pumpkin puree, chicken broth, smoked paprika, chili powder, cayenne pepper, nutmeg, and pepper to the saucepan.
5. Stir to combine the ingredients, then allow the soup to come up to a simmer.
6. Simmer for an additional 10 minutes. Taste soup and add salt as needed.
7. Optional: Serve the soup with pepitas and a swirl of sour cream.
8. Cool and serve in cups to drink the soup, and ask the children how they liked it!

