



# Pumpkin Pear Soup

With both sweet and savory notes, this soup has the richness of a creamy soup – without the cream.  
Make this soup almost entirely in advance and garnish before serving.

Makes 10 Servings

## Ingredients

2 firm ripe pears, divided  
2 tbsp olive oil  
1 cooking pumpkin (3½ pounds), peeled, seeded, and cut into ½-inch cubes (about 7½ cups)  
1 yellow onion, finely chopped  
2 tbsp finely chopped fresh sage leaves  
½ tsp ground allspice  
½ tsp each sea salt and ground pepper  
5 cups low-sodium chicken or vegetable broth  
1 tbsp fresh lemon juice

## Steps

1. Dice 1½ pears and set aside. If making in advance, cover and refrigerate remaining half pear until needed.
2. In a 6-quart pot on medium-high heat, heat oil. Add pumpkin and cook, stirring occasionally, for 2 minutes.
3. Add onion and cook, stirring occasionally, for 4 minutes. Stir in diced pear, sage, allspice, ½ tsp each salt and pepper and cook, until vegetables are crisp-tender (about 4 minutes).
4. Add broth, scraping up any browned bits in the pot. Bring to a boil, then reduce to a simmer and cook until pumpkin and pear and very tender (6-8 minutes).
5. Puree soup using an immersion blender. Alternatively, puree soup in a blender, in batches. Remove plastic lid and cover and cover top with a kitchen towel to allow steam to escape.
6. Cut remaining half pear into matchsticks. In a medium bowl, combine pear with lemon juice, stirring to coat. Cover and set aside in fridge until needed.
7. To serve, reheat soup on medium, stirring occasionally, until heated through. Season with additional salt and pepper, and garnish with pear matchsticks.

## Nutrition Information

84 Calories | 14g Carbohydrates | 3g Fat | 1g Saturated Fat | 2g Fibre | 1g Protein | 168mg Sodium | 6g Sugar

Source: [www.cleaneatingmag.com](http://www.cleaneatingmag.com)