

# POLISH PUMPKIN SOUP

## *Ingredients*

1.5-2 tablespoons olive oil  
1 medium pumpkin  
1 leek  
4 cups chicken stock  
1.5-2 carrots  
1 small potato  
½ tablespoon thyme  
2-3 garlic cloves  
1.5 teaspoons allspice (powdered)  
1 teaspoon nutmeg (powdered)  
½ cup half and half  
salt and pepper to taste  
½ tablespoon cinnamon and 1 tablespoon syrup (optional)

1. Rinse and chop leek, then soak in cold water. Use the entire leek, just cut off the ends. Rinse again making sure that all the dirt is removed. Place chopped leek in large stock pot with olive oil and fry on medium until the onions are soft.

2. Prepare pumpkin. While leek is frying, roast your fresh pumpkin in the oven until is soft enough to easily peel and chop. It takes just 10 minutes at 300F. Make sure to get all the seeds out!

3. Clean and chop garlic, carrots, potato and add the rest of the ingredients to stock pot except any dairy. Cook for 40 minutes or until all ingredients are soft. Then, use a hand blender to blend all ingredients in the pot.

4. Once the pumpkin soup is thoroughly blended and smooth, add the half and half. Taste and see if you want to add any sweetener as maple syrup. Adjust salt, pepper, and cinnamon if you like.

Serve with sour cream and roasted pumpkin seeds on top!

