

PUMPKIN SOUP *Recipe*

**FERTILIZER:**

*helping all kinds of*

**LITTLE SPROUTS**

**GROW.**



# PUMPKIN SOUP *with a dash of potassium*

The most important ingredient in this – and every recipe – is fertilizer. Fertilizer grew the pumpkins to make this delicious soup. Drawn from nature, fertilizer helps kids grow up healthier and live longer lives because it adds both nutrition and taste to the foods we love.

## NECESSARY INGREDIENTS:

NPK to grow the pumpkin

- 1 (2 lb.) pumpkin, halved & seeds removed and saved - 1 tsp. salt
- 1/4 tsp. plus a pinch freshly ground black pepper - 3 tbsp. olive oil
- 2 tsp. ground cinnamon - 1 tsp. ground allspice - 3/4 cup chopped onion
- 1/2 cup chopped carrot - 1/4 cup chopped celery - 2 tbsp. minced ginger
- 1 tbsp. minced garlic - 3 1/2 cups vegetable stock - 3 tbsp. pumpkin seed oil
- 15 to 20 small sage leaves, fried

## DIRECTIONS:

- Preheat the oven to 400 degrees F.
- Place the pumpkin cut side up on a parchment-lined baking sheet. Season with 1/2 tsp. of salt and 1/4 tsp. of pepper. Invert to the cut side down, and drizzle with 1 tbsp. of the olive oil. Place in the oven and roast until the skin is golden brown and the pumpkin is tender, 50 to 60 minutes.
- Spread the pumpkin seeds on a foil-lined baking tray. Drizzle with olive oil and sprinkle with salt. Bake in the oven with the pumpkin for the last 15 minutes of baking time, stirring once to prevent sticking.
- Remove pumpkin and seeds from the oven and allow to cool.

- Once cool enough to handle, use a spoon to scoop the pumpkin flesh from its skin and set pumpkin aside until ready to use. Discard the skin. Set seeds aside for garnish.
- Set a medium saucepan over medium-high heat. Add the remaining 2 tbsps. of olive oil and, when hot, add the cinnamon and allspice and cook, stirring constantly, for 1 minute. Add the onions, carrots, celery and ginger to the pan. Sauté, stirring occasionally, until lightly caramelized, 3 to 4 minutes. Add the garlic, reserved pumpkin and vegetable stock to the pan. Bring to a boil, reduce to a simmer and cook the soup for 15 to 20 minutes, or until the vegetables are soft.
- Remove the soup from the heat and process with an immersion blender until smooth. Season with the remaining 1/2 tsp. salt and pinch of pepper.
- To serve, ladle 1 cup of the soup in each of 6 warmed soup bowls.
- Drizzle 2 teaspoons of the pumpkin seed oil in the bowl and garnish with 2 or 3 fried sage leaves and pumpkin seeds.

To learn more about how fertilizer feeds the world, visit [NutrientsForLife.org](http://NutrientsForLife.org).

fertilizer 

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