

Pumpkin and Sweet Potato Soup

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/kate-walsh-thanksgiving-sweet-potato-soup-recipe>

Ingredients:

- 2 tablespoons unsalted butter
- 1 sweet onion chopped
- 2 garlic cloves minced
- 3 cups pumpkin about 1 lb, peeled, seeded and cut into 1 inch chunks
- 1 1/2 cups sweet potatoes about 1/2 lb, peeled and cut into 1 inch chunks
- 4 cups low sodium vegetable broth
- 1 teaspoon cumin
- 1 teaspoon salt
- 3/4 teaspoon ground cinnamon
- 1/4 teaspoon ground black pepper
- 1/2 cup heavy cream
- 1 tablespoon honey
- 1 tablespoon thyme diced
- roasted pumpkin seeds unchecked?

Nutrition:

1. Calories: 370 calories
2. Carbohydrate: 40 grams
3. Cholesterol: 65 milligrams
4. Fat: 23 grams
5. Fiber: 6 grams
6. Protein: 7 grams
7. SaturatedFat: 13 grams
8. Sodium: 780 milligrams
9. Sugar: 14 grams

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