

Pumpkin Soup with Bacon and Blue Cheese

Yield: 4 min
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/south-africa-black-molasses-soup-recipe>

Ingredients:

- 30 ounces pumpkin
- 1 quart chicken stock
- 1 cup half and half
- 1 shallot minced
- 1/4 cup molasses
- 1 teaspoon pumpkin pie spice
- 1 teaspoon salt
- 1/4 teaspoon cayenne pepper
- 6 slices bacon
- 1 cup crumbled blue cheese

Nutrition:

1. Calories: 620 calories
2. Carbohydrate: 49 grams
3. Cholesterol: 85 milligrams
4. Fat: 38 grams
5. Fiber: 2 grams
6. Protein: 24 grams
7. SaturatedFat: 17 grams
8. Sodium: 1790 milligrams
9. Sugar: 19 grams

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