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See [www.pickyourown.org/allaboutcanning.htm](http://www.pickyourown.org/allaboutcanning.htm) for many other canning directions and recipes

## How to Make Homemade Pumpkin Soup - from a Fresh Pumpkin or Canned Pumpkin!

Looking for a simple, illustrated recipe for pumpkins soup? You found the right page! Maybe you've never had pumpkin soup? it's really quite good - even kids like it! It's one of those foods like carrot cake that sounds bad, but tastes great! I haven't met anyone yet who hasn't liked this recipe!

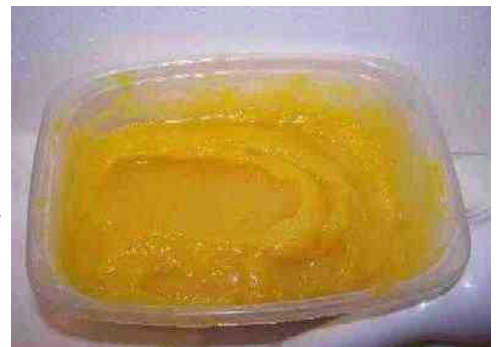
### Ingredients and Equipment

- 3-4 cups mashed cooked pumpkin, ([click here for directions to prepare from a fresh pumpkin](http://www.Pumpkinpatchesandmore.org/pumpkincooking.php) - <http://www.Pumpkinpatchesandmore.org/pumpkincooking.php> )
- 1 Tablespoon minced garlic
- 1 large mild (sweet) onion, chopped
- 6 carrots (finely chopped or grated)
- 3 tablespoons melted butter or margarine
- one half teaspoon salt and dash of pepper
- 1 pint half-and-half
- 2 teaspoon thyme
- 4 tablespoons chopped parsley
- 2 stalks of celery (not 2 bunches!)

### Recipe and Directions

#### Step 1 - Cooked pumpkin

Yes, you can use canned pumpkin.. .but how do you know what it even is? It looks nasty (no insult meant to Libby's). But look at the fresh, bright color of fresh



<http://www.Pumpkinpatchesandmore.org/pumpkinsoup.php>

cooked pumpkin (there is NOTHING added to it, that's its natural color). It's easy to make your own from a fresh pumpkin -

just [click here for directions to prepare from a fresh pumpkin!](#)



## Step 2 - Gather the other ingredients

1 pint of half-and-half (I use the fat free type to keep this healthy)

- 1 large onion
- 4 tablespoons parsley  
(fresh is better, but not necessary)
- 6 carrots (finely chopped or grated)
- 1 Tablespoons minced garlic
- 2 teaspoons thyme
- 2 stalks of celery (not 2 bunches!)



## Step 3 - chop the onion and celery

I use an electric copper or food processor until the pieces are about 1/8 in size.



**Step 4 - Sauté the onion and celery**

Sauté the onion, grated carrots and celery in butter until tender. I usually add the carrots last, since I like them a bit al dente'



**Step 5 - Add the rest of the ingredients**

Add remaining ingredients except half-and-half. Cover and simmer 10 minutes, stirring occasionally.

Note: If you want to freeze the soup for use later, stop now and freeze it. When you are ready to use it, defrost it, heat it up and resume with step 6!



**Step 6 - Add the half and half and serve!**

Add half-and-half, and heat through. Serve warm. Makes 6-8 small servings.

