

# **Pumpkin Soup**

## **Ingredients:**

8 ounces American Pumpkin

1 onion

8 cups chicken stock

Instructions:

- 1. Cut pumpkin into pieces.**
- 2. Saute onion. Stir-fry with pumpkin. Add in chicken stock to boil until tender.**
- 3. Wait to cool. Mash in a blender. Season with salt.**

<http://www.valuerecipes.com/index.php/article/articleview/46/1/14/>