

Pumpkin Soup

Serves 8

Recipe

- 2lbs. [32 ounces] Cooked Pumpkin. You can either cube and cook fresh or purchase water packed pure pumpkin puree. Make sure it is pure pumpkin and not pumpkin pie filling if you choose to use canned].
 - 16oz. Milk [or vegan alternative]
 - 2Tbsp. Butter [or vegan alternative]
 - 2Tbsp. Honey
 - 2Tbsp. Maple Syrup
 - 1 tsp. Salt
 - ¼ tsp. each Marjoram, Cinnamon, and Mace [Nutmeg can be substituted]
 - Dash of Black Pepper
 - Juice of 1 orange
 - [Optional] Roasted Pumpkin Seeds for Garnish.
1. Heat Pumpkin Puree, Milk, Butter, and Honey slowly in large saucepan, stirring constantly.
 2. Combine Syrup, Salt, Pepper, and Spices. Stir i to pumpkin mixture. Heat slowly until soup reaches simmering point. Do NOT boil.
 3. Stir in orange juice a little at a time until combined, stirring constantly. Serve hot. Garnish with pumpkin seeds.

Recipe adapted from *Indian Recipes*. (1992). Bismark, ND: United Tribes Technical College.

For step by step instructions visit [LINK TO VIDEO](#)



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