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▶▶ June 2014 ◀◀

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Chestnut-Pumpkin Soup

- 1 Large chopped yellow onion
- 2 Cloves of garlic
- 2 Tbsp olive oil or ghee
- One medium size pumpkin (or butternut squash) peeled, deseeded and chopped into pieces to equal about 5 cups of fresh pumpkin.
- 2-3 Cups shelled and roasted chestnuts
- 4-5 Cups of water
- Sea salt and pepper to taste
- Optional: add 1/2 cup plain full-fat yogurt or cream to make this soup creamy.

Throw your onions and olive oil into a pressure cooker and cook until translucent, then add your pumpkin, chestnuts and garlic. Pour in your water until most of the ingredients are covered. Put your pressure cooker on stove on medium for 15 minutes to cook. Take off the stove and release steam lever, and blend with a hand mixer.

Sea salt and pepper to taste.

Makes 6 Servings

