

Pumpkin Sausage Soup

Perfect for a chilly Fall evening!

Ingredients

- 1 lb. pork sausage
- 1 medium white onion, chopped
- 1 clove garlic, minced
- 4 cups chicken broth
- 1 (15 oz) can pumpkin puree
- ¼ cup half & half
- Salt & pepper to taste



Directions

1. Brown sausage with onion and garlic. Drain excess fat and set aside.
2. In medium saucepan, whisk together chicken broth and pumpkin puree.
3. Add sausage mixture and stir. Heat over medium high heat until hot and turn down heat to simmer. Add half & half and season to taste.
4. Garnish with pepitas or toasted pumpkin seeds.

Makes 6 servings

Nutrition Facts:

Calories	224
Total Fat	12g
Total Carbohydrates	9g
Dietary Fiber	3g
Protein	20g