



SEP 22, 2015

INTRODUCING THE SUPERCARB DIET

Savory Pumpkin and Sage Soup

By The Good Housekeeping Test Kitchen



Quentin Bacon

This savory spin on everyone's go-to autumn gourd is perfect for an evening in the garden.

LEVEL: Easy

SERVES: 8

Ingredients

For the Soup

1/4 c. olive oil

3 large sweet onions, sliced

3 cloves garlic, chopped

2 large leaves sage, chopped

2 tsp. fresh ginger, grated and peeled

1/4 tsp. ground nutmeg

2 qt. lower-sodium vegetable or chicken broth

3 15-oz. cans pure pumpkin

1 tbsp. lemon juice

For the Sage and Shiitake Garnish

1 in. oil

24 small sage leaves

Kosher salt

7 oz. shiitake mushrooms, stemmed and very thinly sliced

Directions

- 1 Make the Soup:** In 5-quart saucepot, heat oil on medium. Add onions and salt. Cook 40 minutes or until deep golden brown, stirring occasionally. Add garlic, sage, ginger and nutmeg. Cook 5 minutes or until garlic is golden, stirring occasionally. Add broth and pumpkin. Heat to simmering on high, scraping up browned bits from bottom of pot. Reduce heat to maintain simmer; cook 20 minutes stirring occasionally.
- 2** With immersion blender or in batches in blender, puree soup until smooth. Stir in lemon juice, 1 teaspoon salt and 1/4 teaspoon black pepper. Makes about 10 cups. Soup can be made and refrigerated up to 2 days ahead. Reheat on medium. (If soup is too thick, add water or broth for desired consistency. Season to taste.)
- 3 Make the Sage and Shiitake Garnish:** In 2-quart saucepan, heat oil on high until hot but not smoking. Add sage leaves to oil. Fry 1 to 2 minutes or until leaves are browned, stirring occasionally. With slotted spoon, transfer to large paper-towel-lined plate; sprinkle with pinch of salt. In batches, add shiitake mushrooms to hot oil. Fry 2

minutes or until deep golden brown, stirring occasionally. Transfer to same plate as sage; sprinkle with pinch of salt. Cool completely. Garnish can be made up to 3 hours ahead. Let stand at room temperature.

ABOUT 215 CALS, 5 G PROTEIN, 32 G CARBS, 10 G FAT (1 G SAT), 9 G FIBER, 750 MG SODIUM.

MORE **RECIPES** LIKE THIS

Pumpkin Cannelloni with Sage Brown-Butter
Sauce

Butternut Squash Soup with Sage



MORE FROM

INTRODUCING THE SUPERCARB DIET



Wild-Salmon Cakes with Quinoa Salad

Supercarb Loaded Sweet Potatoes

