

Apple Pumpkin Soup

Makes approximately 16 cups

2 tbsp. olive oil

2 tbsp. butter

2 cups onion, chopped fine

2 -3 cloves garlic, peeled and
minced (or 1 tsp. garlic powder)

4 cups apple, cored and
chopped

6 cups [chicken stock](#)

3 cups pureed pumpkin (canned
or cooked fresh)

3-4 potatoes, scrubbed and
diced

1 can coconut milk

1 tbsp. maple syrup

1 1/2 tsp. coarse grey sea salt

1 1/2 tsp. ground ginger

1 tsp. ground cinnamon

1 tsp. dried thyme

1 tsp. dried, ground sage

1/8 tsp. ground cloves

1/2 tsp. ground or cracked
green peppercorns

3/4 cup whipping (heavy)
cream

1. In large saucepan, saute onions in butter and olive oil over medium-low heat. When onions become translucent, add garlic and saute for another one or two minutes. Add diced apples and stir well, sauteing for several more minutes until apples become soft.
2. Add all remaining ingredients except cream. Cook over medium heat, stirring occasionally, until potatoes are cooked. (About 20 minutes.)
3. Remove from heat. Using immersion blender, blend until smooth. (Or process in glass blender in batches and return to pot.)
4. Stir in cream. If desired, reheat slightly.
5. Serve. Can be garnished with a sprinkle of nutmeg.