



WellBeingMD's Mindful Kitchen



Creamy Kale & Pumpkin Soup

Adapted from The Pumpkin Cookbook, Deedee Stovel

Kale is a nutritional powerhouse that is hard to beat. Pumpkin makes it even better. But the best part of this fall and winter soup is its mild and smooth pumpkin potato flavor, with a bitter hint of kale. **Serves 6**

Ingredients:

3 slices organic, nitrate free bacon	1/2 pound curly kale , stems and ribs removed, finely chopped
1 tablespoon olive oil	1/2 teaspoon salt
1 medium onion , chopped (1 cup)	1 1/2 cups canned unsweetened pumpkin
2 cloves garlic , minced	1/4 teaspoon freshly ground nutmeg
4 cups organic chicken broth , homemade if possible	1/8 teaspoon white pepper
2 medium new potatoes (about 3/4 pound), peeled and cut into 1-inch chunks	3/4 cup of organic half-and-half

Directions:

1. Cook the bacon over medium heat in a large Dutch oven until brown and crispy. Remove it from the pot, crumble, and set aside. Pour off all but about 1 teaspoon of the fat.
2. Heat the olive oil in the same pan and add the onion. Cook for about 5 minutes, stirring occasionally, until soft and onion starts to caramelize. Add the garlic and cook 1 minute longer.
3. Pour two cups of the broth into the pan and stir to loosen browned bits on bottom of pan. Add the potatoes, kale, and salt; bring to a boil, then reduce the heat and simmer for 20 to 25 minutes, until the potatoes are easily pierced with a fork and the kale is wilted.
4. Purée the potato mixture with a hand-held blender or in a standing blender. Be careful not to let hot soup splatter on you. Return the soup to the pot.
5. Stir in the remaining broth and the canned pumpkin, nutmeg, and pepper into the soup. Taste and adjust the seasonings, if desired. Add the half-and-half and heat through, but do not boil.
6. Sprinkle each steaming bowl with the reserved bacon and serve. Garnish with additional sage and parmesan cheese for serving.



Health benefits of Pumpkin – Pumpkin is one of the **very low calorie** vegetables. 100 g fruit provides just 26 calories and **contains no saturated fats or cholesterol**; however, it is **rich in dietary fiber, anti-oxidants, minerals, vitamins**. The vegetable is one of the food items recommended by dieticians in cholesterol controlling and weight reduction programs. It is a storehouse of many **anti-oxidant vitamins such as vitamin-A, vitamin-C and vitamin-E**. It is also an excellent **source of many natural poly-phenolic flavonoid compounds**. The fruit is a good source of **B-complex group of vitamins like folates, niacin, vitamin B-6 (pyridoxine), thiamin and pantothenic acid**. It is also rich source of **minerals like copper, calcium, potassium and phosphorus**. (<http://www.nutrition-and-you.com/pumpkin.html>)

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Home of "The Mindful Kitchen"

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