

PUMPKIN PROTEIN SOUP

YIELD: 8 SERVINGS

PORTION SIZE: 1 CUP

PREP TIME: 20 COOK TIME: 30 MIN

INGREDIENTS:

- 1 Tb. Oil
- 1 large onion, peeled and chopped
- 5 cloves garlic, peeled and chopped
- 1 ½ Tb. ground cumin
- 1 ½ Tb. dried oregano
- 1 ½ tsp. salt
- 8 cups vegetable stock
- 29 oz. can pure pumpkin puree
- 15 oz. can white beans, drained
- 2 Tb. red wine vinegar
- 1 Tb. Honey
- 1 scoop unflavored protein powder



DIRECTIONS:

1. Place a large sauce pot over medium-high heat. Add the oil, onion, and garlic. Sauté for 3-5 minutes until soft. Stir in the cumin, oregano and salt and continue to sauté another 2 minutes.
2. Reduce heat to medium low* (not to exceed 140°) and add the stock. Whisk in protein powder until dissolved. Add pumpkin puree and beans to the pot. Simmer for 20 minutes, uncovered.
3. Add the vinegar and honey and simmer another 3-5 minutes.
4. **Use an immersion blender to puree the soup until smooth.
5. Serve the soup warm

NOTES

*Temperatures exceeding 140 degrees may result in the curdling of the whey protein.

**You can also use a regular blender, but be careful! Open the vent in the lid and place a towel over it to protect from hot splashing liquid.