

Healthy Food for a Wealthy Mood



Creamy Pumpkin-Red Pepper Soup

3 Cups chopped peeled fresh pumpkin
2 ½ Cups chopped red bell pepper
1 ½ Cups chopped peeled sweet potato
¼ Cup chopped green onions
1 tsp. five-spice powder
1 tsp. ground cumin
2 tsp. olive oil
1 tsp. minced fresh garlic
3/8 tsp. salt, divided
5 Cups no salt added chick stock
1 Tbsp. unsalted butter
1 Tbsp. rosemary leaves (optional)

Preheat oven to 400. Combine first 8 ingredients in a large bowl. Sprinkle with 1/8 teaspoon salt; toss well. Place vegetable mixture in a single layer on a jelly-roll pan. Bake at 400 for 30 minutes or until tender, stirring once.

Combine vegetables, stock, and remaining ¼ teaspoon salt in a large saucepan; bring to a boil. Reduce heat; simmer 5 minutes. Place half of vegetable mixture in a blender. Remove center piece from the lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Process until smooth. Pour into a large bowl. Repeat procedure with remaining vegetable mixture. Stir in butter. Top with rosemary, if desired.

This soup tastes even better the next day... or the next.

Also consider as toppings: Parmigiano-Reggiano, chopped smoked almonds, toasted pecans, etc.

Serves 6 (serving size: 1 cup)
Calories 120; Fat 3.8g; Protein 6.2g; Carb 16.2g; Fiber 2.9g; Chol 5mg; Iron 1.7mg; Sodium 279mg; Calc 56mg

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