

## Pumpkin Bisque

### Ingredients

Makes six  $\frac{3}{4}$ -cup servings.

- 1 tablespoon olive oil
- 1 cup diced yellow onions
- $\frac{1}{4}$  cup chopped celery
- 1 teaspoon chopped garlic
- pinch nutmeg
- $\frac{1}{4}$  teaspoon cinnamon
- pinch allspice
- $1\frac{1}{4}$  cups canned pumpkin
- 2 cups water
- $\frac{1}{2}$  cup apple juice
- $\frac{1}{2}$  cup whole milk
- 2 tablespoons maple syrup
- $\frac{1}{4}$  teaspoon salt
- pinch ground black pepper



### Directions

In a large saucepan, combine olive oil, onions, celery and garlic. Cook over medium heat, stirring occasionally, until onions are translucent. Add nutmeg, cinnamon and allspice, and stir for 1 minute. Add pumpkin and water and bring to a boil, reduce heat to simmer, and cook for 45 minutes. Add apple juice, milk, maple syrup, salt and pepper. Heat through but do not bring to a boil. Cool slightly, transfer mixture to a blender and puree until smooth. Pour soup into a saucepan, and warm over medium heat before serving.