



# The Kitchen at Second Harvest Pumpkin Apple Soup with Sage try at home recipe

Recipe modified from Tom's Turkey Drive

flip to learn more!



## Ingredients

- 2 tbsp butter
- 1 onion (diced)
- 2 carrots (chopped)
- 1 celery stalk (chopped)
- 2-3 apples (cored and diced)
- 1-2 cans of pumpkin puree
- 1 tbsp dried sage
- 1 bay leaf
- 2 tbsp brown sugar
- 1/4 tsp cayenne
- 1 cup water
- 2 cups chicken or veggie stock
- 1/4 tsp pepper
- 1 1/2 tsp salt

**Yield: 4 servings**

**Serving Size: 1.5 cups**



## Directions

1. In a soup pot, melt the butter and saute the onion, carrot, celery, and apples until the onion is translucent
2. Stir in the pumpkin puree, water, sage, and a bay leaf. Add the broth, sugar, and spices, and bring to a boil. Simmer for 15-20 minutes.
3. Simmer until the veggies are tender and then remove the bay leaf.
4. If more flavor is needed, add a little more brown sugar, salt, or cayenne.

Find more recipes, free classes,  
and ways to get involved!



[secondharvestkitchen.org](http://secondharvestkitchen.org)



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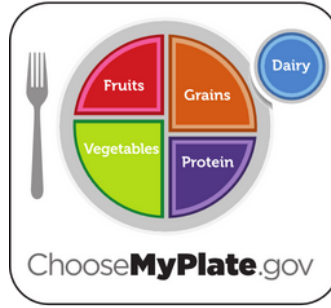
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## Featured Food Groups

The benefits of healthy eating add up over time, bite by bite. Small changes matter. Start Simple with MyPlate.

A healthy eating routine is important at every stage of life. It can have positive effects that add up over time. It's important to eat a variety of fruits, vegetables, grains, protein foods, and dairy or fortified alternatives. When deciding what to eat or drink, choose options that are full of nutrients. Make every bite count.



 Any **vegetable** or 100% vegetable juice counts as part of the Vegetable Group. Vegetables may be raw or cooked and can be fresh, frozen, canned, or dried. They can be whole, cut-up, or mashed.

## Cooking Tips

- Substitute vegetable stock to make this a vegetarian recipe!
- Consider garnishing with pumpkin seeds or apple slices
- Additional spices to consider adding: thyme, nutmeg, coriander

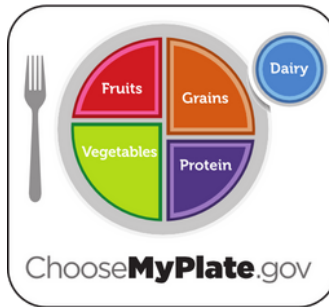
**Second Harvest is an equal opportunity provider.**




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## Nutrition Facts

Using vegetable stock

Nutrition Facts	
4 servings per container	
<b>Serving size</b>	<b>1.5 cups</b>
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>230</b>
<small>% Daily Value*</small>	
<b>Total Fat</b> 7g	<b>9%</b>
Saturated Fat 4g	<b>20%</b>
Trans Fat 0.2g	
<b>Cholesterol</b> 15mg	<b>5%</b>
<b>Sodium</b> 410mg	<b>18%</b>
<b>Total Carbohydrate</b> 44g	<b>16%</b>
Dietary Fiber 10g	<b>36%</b>
Total Sugars 26g	
Includes 7g Added Sugars	<b>14%</b>
<b>Protein</b> 4g	<b>8%</b>
Vitamin D 0mcg	0%
Calcium 104mg	8%
Iron 3.42mg	20%
Potassium 752mg	15%
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	

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