

Café Soup Pumpkin Bisque



Ingredients

1 Tbsp oil olive oil	¼ cup light brown sugar
1/2 onion, White, diced	¼ tsp ground nutmeg
1 cup carrots, diced	4 cups water
1 garlic clove, fresh, peeled, minced	3 Tbsp heavy cream
1 can solid pumpkin (15 oz. can)	¼ cup water
2 cups low sodium chicken broth	2 Tbsp cornstarch
¼ cup honey	Prep time: 15 minutes
1 Tbsp Cinnamon, ground	Cook time: 25 minutes
	Total time: 40 minutes

Directions

1. Heat olive oil, sauté onions, carrots and garlic until soft.
2. Add pumpkin, chicken broth, honey, cinnamon, nutmeg, brown sugar and water.
3. Bring to a boil and reduce simmer for 20 min.
4. Add cream and season to taste.
5. Thicken with cornstarch.

Nutritional Information

Calories	97
Total Fat.....	2g
Cholesterol	6mg
Total Carbohydrate.....	17g
Dietary Fiber	1g
Protein	1g
Sodium	59mg
Serving size.....	1 cup
Recipes yields.....	10

Adjusted from: <http://www.sodexo.com>