

# Pumpkin Sage Soup

Aldi Test Kitchen  
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4 medium onions, peeled and diced  
3 medium carrots, peeled and diced  
3 ribs celery, halved and sliced  
4 cloves garlic, peeled  
2 Granny Smith apples, peeled and diced  
3 large Idaho russet potatoes, peeled and diced  
1 1/2 teaspoons fresh sage, minced  
1/2 cup brown sugar  
2 tablespoons extra-virgin olive oil  
3 teaspoons black pepper, divided  
3 teaspoons salt, divided  
4 cans (15 ounce ea) 100% pure canned pumpkin  
2 cartons (32 ounce ea) vegetable stock  
16 ounces heavy whipping cream  
1 French baguette, cut into 1/4-inch slices at an angle  
7 ounces gouda cheese, shredded  
2 tablespoons Italian flatleaf parsley (for garnish)

**Preparation Time: 20 minutes**

**Cook Time: 50 minutes**

Preheat the oven to 400 degrees.

In a large bowl, combine the onion, carrots, celery, garlic, apples, potatoes, sage and brown sugar. Add the olive oil, two teaspoons of black pepper and two teaspoons of salt. Place in a roasting pan. Roast in the oven for 30 minutes until fork tender. Halfway through the cooking process, stir the vegetables to ensure even cooking.

In a large pot, combine the roasted vegetable mixture, pumpkin, vegetable stock, one teaspoon of black pepper and one teaspoon of salt. Simmer for 15 minutes.

Transfer the mixture, in batches, to a blender. Process until smooth.

Return the soup to the pot. Add the cream. Adjust the seasoning, if needed.

Place slices of the baguette on a parchment-lined cookie sheet. Top each slice with cheese.

Bake for 5 minutes until the cheese is melted.

Divide the soup into bowls. Place two slices of baguette onto each bowl of soup.

Garnish with parsley.

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Per Serving (excluding unknown items): 3545 Calories; 259g Fat (64.1% calories from fat); 81g Protein; 244g Carbohydrate; 30g Dietary Fiber; 853mg Cholesterol; 11675mg Sodium. Exchanges: 3 1/2 Grain(Starch); 7 Lean Meat; 12 1/2 Vegetable; 2 Fruit; 1 1/2 Non-Fat Milk; 47 1/2 Fat; 5 Other Carbohydrates.