

## **Pumpkin Soup**

Thomas Jefferson Cookbook - Adaptation by J. Gwendolynne Berry  
Palm Beach Post

**1 small pumpkin, peeled, seeded and diced**  
**1/2 glass (16 oz) water**  
**3 tablespoons butter**  
**sugar (to taste)**  
**salt (to taste)**  
**pepper (to taste)**  
**4 cups milk, boiling**  
**3 slices bread, cubed and browned in butter**

Place the prepared pumpkin in a saucepan with the water. Cook over medium-high heat.

When the pumpkin is tender, drain the pan and pass the pumpkin through a colander.

Add the butter and the sugar, salt and pepper to taste.

Let the soup simmer for 15 minutes.

In a skillet, place the croutons and brown well in butter.

Place the croutons in serving bowls.

Add the boiling milk to the soup, stirring well while adding to the pan.

When well mixed, pour the soup over the croutons.

Serve hot.

---

Per Serving (excluding unknown items): 1135 Calories; 70g Fat (54.8% calories from fat); 40g Protein; 90g Carbohydrate; 2g Dietary Fiber; 227mg Cholesterol; 1238mg Sodium. Exchanges: 3 Grain(Starch); 4 Non-Fat Milk; 13 1/2 Fat.