

Easy Pumpkin Apple Soup

Courtesy of: www.thebetterhomelife.com

Ingredients:

- 1 large onion diced
- 2 tablespoons olive oil
- 3 sweet potatoes cubed
- 1 large apple diced
- 4 cloves garlic
- 4 cups vegetable stock
- 15 ounce can of diced tomato
- 15 ounce can pumpkin puree (or 2 cups homemade pumpkin puree)
- 15 ounce can cannellini beans, drained and rinsed
- 2 Tablespoons Jerk Seasoning
- Pumpkin seeds for garnish

Instructions:

Sauté the onion in the olive oil over medium heat in a large pot. Grate the garlic. Add the sweet potatoes, apple and garlic to the pot and cook for one minute.

Stir in the stock, tomatoes, beans, pumpkin, and jerk seasoning. Simmer for 25 minutes, or until potatoes are fork tender.

Serve with pumpkin seeds.