

# Pumpkin and Fennel Soup



## A Taste of *The Café* AT THE FRICK

*Serves:* Yields 12 servings

*Prep Time:* 25 minutes

*Cook Time:* 35 minutes

### *Ingredients*

6 stalks of celery diced  
2 large carrots diced  
1 large onion diced  
8 fresh sage leaves  
32 ounces canned or fresh cooked pumpkin  
1 cup brown sugar  
62 ounces chicken stock or vegetable broth  
The tops of half a fennel bulb  
Salt  
Pepper

### *Procedure*

Start by sweating out the celery, carrot, and onion until slightly translucent. Add your sage leaves, cooked pumpkin, brown sugar, and stock of your choosing. Once the mixture is brought to a boil, reduce heat to a simmer and add the chopped fennel tops. Continue to cook for another 20 minutes and blend with an immersion blender or kitchen blender, and garnish with toasted pumpkin seeds.  
Bon Appetit!