

The Friday 4

4
FRESH IDEAS
YOU CAN
ENJOY
IN
4
MINUTES
OR LESS



1 Quick Recipe: Easy to Make...Warm, Creamy, Rich and Luscious!

Creamy Pumpkin Pepper Soup

1 TB Olive Oil
2 Large Red, Yellow or Orange Bell Peppers, chopped
2 Cups Shredded Carrots or Parsnips
1 Cup Chopped Red Onion
1 Tsp Smoked Paprika
½ Tsp Cumin
1 Tsp Sea Salt
½ Tsp Freshly Ground Black Pepper
2 Grated Garlic Cloves
4 Cups Veggie Stock
1 Can (15 OZ) Pumpkin Puree
2 TB Lemon Juice
¼ Cup Pumpkin Seeds, Toasted
1 TB Chopped Sage, Thyme or Rosemary

Step One Warm the olive oil in a stockpot and sauté the peppers, carrots, and red onion with the paprika, cumin sea salt and black pepper over medium heat until soft. (about 6-7 minutes.) Add in the garlic and cook and stir until fragrant. Add in the Veg Stock and simmer for 10 minutes.

Step Two Using the immersion blender, puree the ingredients in the pot. Whisk in the pumpkin and warm for an additional 5 minutes. Remove from the heat, stir in the lemon juice and sprinkle with pumpkin seeds and herbs.

2 Kitchen Smidgen

Pumpkins are a traditional, deli

cious food of the fall. Whether incorporated in soups, stews or breads, it adds a creamy and tasty goodness to all kinds of foods. The word pumpkin comes from the word "pepon", the Greek word meaning "large melon". And speaking of large melons – the largest melon in a 2013 competition weighed over 2000 LBS!

3 Get Creative

Cooking better is all about adding flavorful ingredients to familiar foods. Pureed or canned pumpkin is a great substitute for 1/3 of the fat, (butter or oil), in a recipe. When you substitute pumpkin, you are adding flavor, fiber and veggies to your dish!

4 WINE of the Week

TREANA Viognier Marsanne
Central Coast CA
About \$16.00 at [Total Wine](http://TotalWine.com)

Nothing goes better with a creamy full-bodied veggie soup than a French wine from the Rhone valley. Viognier adds the aroma of crisp pear and honeysuckle and Marsanne tosses in a rich, weighty mouthfeel with distinctive melon and mineral flavors. Try this yummy wine with your favorite veggie soups or stews!