Spicy Pumpkin Soup with Avocado Cream

The Essential Southern Living Cookbook
Start to Finish Time: 55 minutes

1 cup yellow onion, diced
3 tablespoons olive oil, divided
1 1/2 teaspoons Kosher salt, divided
2 cloves garlic, chopped
1 tablespoon ground cumin
1 can (29 ounce) pumpkin
6 to 6-1/2 cups reduced-sodium chicken broth
1 canned chipotle pepper in adobo sauce
1 tablespoon adobo sauce (from the can)
1 medium avocado, peeled and diced
1/2 cup whole buttermilk
2 tablespoons fresh lime juice
2 tablespoons extra-virgin olive oil
8 ounces smoked sausage, sliced
1 cup black beans, drained and rinsed
1/2 teaspoon smoked paprika

In a Dutch oven over medium heat, place the onion, two teaspoons of olive oil and one teaspoon of salt. Cover. Cook for 5 to 6 minutes or until translucent. Stir in the garlic and cumin. Cook for 2 minutes. Whisk in the pumpkin and six cups of broth. Add the chipotle pepper and one tablespoon of the adobo sauce. Increase the heat to medium-high. Simmer, stirring occasionally, for about 12 minutes.

In a food processor or blender, process the soup in batches for 1 minute. Add up to one cup of broth, two tablespoons at a time, to reach the desired consistency.

Make the Avocado Cream: In a blender, process the avocado, buttermilk, lime juice, two tablespoons of olive oil and the remaining 1/2 teaspoon of salt until smooth. Add up to one cup of water, one tablespoon at a time, to reach the desired consistency.

In a large skillet over medium heat, cook the smoked sausage in the remaining one tablespoon of olive oil, for 3 minutes, stirring occasionally. Stir in the black beans and paprika. Cook for 1 minute.

Ladle the soup into serving bowls. Top with the sausage mixture and Avocado Cream.

Yield: 6

Soup, Stew and Chili

Per Serving (excluding unknown items): 2474 Calories; 172g Fat (60.8% calories from fat); 81g Protein; 168g Carbohydrate; 39g Dietary Fiber; 161mg Cholesterol; 5010mg Sodium. Exchanges: 8 1/2 Grain(Starch); 6 1/2 Lean Meat; 3 Vegetable; 1 Fruit; 31 Fat.