

# Village Health Clinic

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## RECIPES

### VELVETY PUMPKIN BISQUE

A squash popular with the Native Americans, pumpkin soon became a favorite among colonists, who made pumpkin beer as well as soup.

2 tbsp. Clarified butter or olive oil

1 tbsp. Minced green onion

1 16-ounce can organic pumpkin (or equivalent amount of fresh pumpkin)

1 cup water

1/2 tsp. Salt

1/8 tsp. White pepper

1/8 tsp. Ground cinnamon

2 cubes/envelopes organic vegetable/chicken bouillon

2 cups soy milk (Vitasoy Original Creamy works best)

shaved lemon rind for garnish

Minced parsley for garnish

Cook onion in butter in a 2-quart saucepan over medium heat, stirring occasionally. Stir in next 7 ingredients until blended and mixture begins to boil; cook 5 minutes to blend flavors. Add soy milk; heat through, stirring constantly. To serve, ladle soup into shallow soup bowls and garnish with parsley and lemon rind.