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INGREDIENTS

- 1 medium pumpkin, cleaned out
- 1 or 2 packages of breakfast sausage
- 1/2 teaspoon red pepper flakes
- 1 teaspoon smoked paprika
- 1 large onion chopped
- 6 cloves garlic minced
- 8 cups broth
- 6 red potatoes, diced
- 1 teaspoon Italian seasoning
- 2 cups coconut milk or oat milk
- 6 tablespoons cream cheese (plus more to line the pumpkin)
- 3 Tablespoons all-purpose flour
- 2 tablespoons butter
- 1/2 teaspoon salt
- 3 cups spinach or collard greens

DINNER IN A PUMPKIN

INSTRUCTIONS

- 01** Preheat the oven to 350. Clean out the pumpkin and line the inside and lid with cream cheese. Place the pumpkin on a cookie sheet and put it in the oven. Cook for about 1 hour or until the pumpkin is tender.
- 02** While the pumpkin is cooking, prepare the soup. Remove the sausage and crumble it into a large soup pot over medium heat. Add the red pepper flakes, smoked paprika, onion, and garlic, then sauté until the sausage is fully cooked.
- 03** Next, add the broth, Italian seasoning, and potatoes. Increase the heat to high and bring it to a boil. Cook the potatoes until tender.
- 04** While the potatoes are cooking, prepare the cream sauce. Add the milk, cream cheese, flour, and salt into a blender and blend until smooth. Next, melt the butter in a small saucepan, then add the blended cream mixture and stir until very thick.
- 05** Once the potatoes are tender, add the thickened cream mixture and stir until very thick. Add collard greens to the soup and cook until the greens are wilted. Remove from heat and transfer the soup into your cooked pumpkin! Don't forget to scrape the sides of your pumpkin as you serve!