

## Harvest Pumpkin Soup



1 large onion, diced  
3 stalks celery, diced  
2 medium carrots, diced  
1 large leek, diced  
2 cups pumpkin-fresh, cooked  
6 cup[s vegetable broth  
½ tsp cumin  
½ tsp cinnamon  
Pinch of clove  
Pinch of nutmeg  
Sea salt, to taste  
1 cup rice milk

- Add first 11 ingredients into a stock pot over medium-high heat.
- Bring to boil and reduce to simmer. Simmer for 30 minutes and remove from heat.
- Allow to cool for 15 minutes.
- Puree soup in a blender and return to pot.
- Finish with rice mild and season to taste.