



## Autumn Harvest Soup

- 4 tablespoons olive oil
- 2 leeks, thinly sliced - white stalk only, save greens for stock
- 3 carrots, peeled and chopped - save peels for stock
- 3 ribs celery, chopped - save ends for stock
- 3 cloves garlic, peeled and minced - save peels for stock
- 3 cups pumpkin, peeled and cubed - save peels and pulp for stock
- 3 cups squash, cubed
- 5 sprigs thyme
- 3 tablespoons minced parsley leaves - save stems for stock
- 10 cups vegetable stock
- $\frac{3}{4}$  cup bulgur soaked in water until tender, drained (approximately 20 minutes)
- 1 bunch chard
- 5 medium tomatoes - diced
- salt and fresh ground pepper



In a large stock pot, heat olive oil over medium heat. Add the leeks, carrots, celery and garlic, and saute' for 5 minutes. Add the pumpkin, squash, thyme, parsley and vegetable stock, bring to a simmer and cook for 10-15 minutes or until the squash and pumpkin are tender. Add the bulgur, chard and tomatoes, and simmer for another 10 minutes. Season with salt and freshly ground pepper. Serve to friends and family!