



PUMPKIN SAUSAGE SOUP

Time: 30 minutes

Serves 6

Ingredients

- 1/2 lb. breakfast sausage (or turkey sausage)
- 1/2 c. minced onion
- 1 clove garlic, minced
- 1 c. mushrooms, finely chopped
- 1 tbs. Italian seasoning
- 15 oz. canned pumpkin
- 4 c. chicken broth
- 1/2 c. water AND 1/2 c. half & half
OR 1 c. milk

Directions

1. Brown sausage, drain, and then add onion, garlic, mushrooms and Italian seasonings.
2. When the onions and mushrooms have begun to soften, stir in the pumpkin. Stir in the broth and mix well.
3. Simmer 20 minutes.
4. Stir in the half & half and water (or the milk) and simmer on low another 10-15 minutes.
5. Taste and add salt and pepper as needed

NOTE: Use either the half & half mixture OR just milk-not both.



AUTUMN MUSINGS

Autumn is a second spring when every leaf is a flower.
~Albert Camus

For man, autumn is a time of harvest, of gathering together.
For nature, it is a time of sowing, of scattering abroad.
~Edwin way Teale

Bittersweet October. The mellow, messy, leaf-kicking,
perfect pause between the opposing miseries of summer
and winter. ~Carol Bishop Higgs

Winter is an etching, spring a watercolor, summer an oil
painting and autumn a mosaic of them all.
~Stanley Horowitz

No spring nor summer beauty hath such grace as I have
seen in one autumnal face. ~John Donne

A woodland in full color is awesome as a forest fire, in
magnitude at least, but a single tree is like a dancing tongue
of flame to warm the heart. ~Hal Borland

How beautifully leaves grow old. How full of light and
color are their last days. ~John Burroughs

Everyone must take time to sit and watch the leaves turn.
~Elizabeth Lawrence

“Autumn begins with a subtle change in the light, with
skies a deeper blue, and nights that become suddenly clear
and chilled. The season comes full with the first frost, the
disappearance of migrant birds, and the harvesting of the
season’s last crops.” ~Glenn Wolff and Jerry Dennis