

# Pumpkin Puree



## Ingredients:

Pie Pumpkin – 6 lbs  
Water

Prep: 10 min  
Cook: 35 min

## Instructions:

- Clean and chop pumpkin into 1-2 inch pieces.
- Place in a large pot and cover with water. Bring to a boil and cook in a low boil until pieces are tender.
- Drain and place cooked pieces in a blender and blend until smooth.
- Store in glass or plastic containers in refrigerator for up to 7 days or up to several months in a freezer.

## Other Ideas:

Try smoking or roasting the pumpkin until tender, clean out from skin and puree. Use a Long Island Cheese Squash

## Tips:

Use as a substitute for oil. It is a 1 to 1 swap. For example if a recipe calls for 2 TBS of oil – use 2 TBS of pumpkin puree

## Nutritional Facts:

Calories: 353 kcal, Carbohydrates: 88 g, Protein : 13 g, Fat: 1 g, Potassium: 4624 mg, Fiber: 6 g, Sugar: 37g, Vitamin A: 11,5775 IU, Vitamin C : 122 mg, Calcium : 286 mg, Iron, 11 mg