

Pumpkin Tip Soup



Instructions:

1. Clean the chicken then cut it into bite size pieces. (Make sure to sanitize the spot you used).
2. Wash and rinse the pumpkin tips (remove the furry spines from the pumpkin tip leaves), mushroom and acorn squash set-aside.
3. Put the chicken into a deep pot then add water, salt, bouillon, and lemongrass.
4. Put the pot onto the stove on medium heat cook for 15 minutes or until the meat is thoroughly cooked.
5. Add the young acorn squash to the pot and let it cook for 5 minutes.
6. Final step, add the pumpkin tip and mushroom to the pot and let it cook 5-7 minute until the pumpkin tips until tender.
7. The soup is best served hot and with rice.

Ingredients:

- 1 bunch pumpkin tips (remove all the hairy firm)
- 1 box mushroom (8 oz) sliced or
- 1 mushroom cut into 4 pieces
- 1 young acorn squash (cut into bite size)
- 1 lb chicken thigh (cut into 2" or bite size)
- 1 stick lemon grass
- 1 tbsp salt
- 1 tsp chicken bouillon
- 10 c water

