

Pumpkin Pasta Sauce Recipe

Yield: 8 cups sauce

Ingredients

2 large red onions, diced

1 Tablespoon olive oil

2 28-oz cans (7 cups) of pumpkin puree

1/4 cup fresh or dried oregano

1/2 teaspoon nutmeg

16-oz container of sour cream

1/4 cup toasted pumpkin seeds for garnish, optional

1 cup grated parmesan

1 cup water, or more as needed

Salt and pepper to taste



Instructions for Adults

- Dice the onions, or help kids use a food chopper to dice them.
- Heat a large saucepan on medium high heat. Add the olive oil and diced onions and sauté for 5 minutes or until the onions are translucent and beginning to brown. Remove from stove top and allow to cool for about 5 minutes, or until cool enough for children to work with the pot.
- The sauce can either be heated on the stovetop until warm, or served immediately with pasta or zoodles.

Instructions for Kids

- Use a can opener to open the cans of pumpkin. Use a spoon to scoop the contents of one can into the saucepan with the onions.
- Measure and add the oregano and nutmeg.
- Use an immersion blender to combine all ingredients until smooth.
- Measure and add the sour cream, parmesan, water, salt, and pepper to taste.
- Use the immersion blender to blend again until smooth. If the sauce is too thick, add more water.
- If using pumpkin seeds, sprinkle as garnish over the pasta with sauce before serving.

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