

Creamy Pumpkin Soup

Ingredients:

- 2 medium sugar-pie pumpkins, roasted
- 1 onion, chopped
- 2-3 cloves garlic, minced
- 2 Tbsp Olive oil, divided
- 2-3 cups chicken stock or vegetable broth or water
- 1 cup coconut milk or cream
- Salt & Pepper to taste
- Spice: 1½ tsp garam masala or curry powder
- Toppings: toasted pumpkin seeds, sour cream or yogurt

Method:

- Preheat oven to 350F
- Cut pumpkin in half, removing seeds. Place halves upside down in an oven-safe dish with 1 Tbsp olive oil. Roast for 40-50 minutes until a fork easily pierces the skin. Remove and allow cooling (10 minutes). Then peel skin and cut into chunks.
- Heat a large saucepan over medium heat, add 1 Tbsp. olive oil, onion and garlic. Cook and stir for 2-3 minutes, until translucent.
- Add pumpkin, stock, and spices. Bring to a simmer, cover and cook another 20 minutes (until pumpkin is soft).
- Add coconut milk or cream, salt and pepper, and spices.
- Puree soup in small batches in blender, or with emulsion blender. (Use extreme caution with hot liquids.)
- Bring pureed soup back to a simmer. Serve with optional toppings.

Variations

- Add any on hand vegetables, especially celery, carrots, bell peppers, turnips, etc. Chop small and sauté until soft.
- Replace pumpkin with any squash on hand, or sweet potatoes.

HopelinkHarvest@hope-link.org

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