

PUMPKIN SOUP

Ingredients

- 1 pie pumpkin, butternut squash or other winter squash or 3 cups of pumpkin puree
- 6 Tbsp. extra-virgin olive oil, 5 Tbsp. for rubbing on pumpkin for roasting, 1 for sautéing the onion and garlic
- 1 tsp. sea salt, divided for roasting pumpkin and sautéing onion and garlic
- 1/2 tsp. of freshly ground black pepper, divided for roasting pumpkin and sautéing onion and garlic
- 1 large yellow onion, diced into small 1/4 pieces
- 3 garlic cloves, minced
- 1 cup of carrots, diced
- 1 Tbsp. fresh sage, minced
- ½ Tbsp. fresh rosemary, minced
- 8 sprigs of fresh thyme
- 1 tsp. grated fresh ginger
- 3 to 4 cups vegetable or chicken broth
- 3 Tbsp. fresh parsley, minced
- Toasted pumpkin seeds (Recipe Follows)
- 1/3 cup of grated Parmesan Cheese

Yield: 6 Servings

Equipment

- Roasting pan
- Stock pot or dutch oven
- Immersion blender or regular blender

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Chef Tips/Notes:
Your carving pumpkins are edible! You can roast them and save the pumpkin flesh and puree for many recipes throughout the year. Just portion into 1 cup amounts and freeze for later.

All winter squash seed are edible! Even if you don't plan to use them for the soup, they are a great option for a roasted snack later on! To get them extra crispy, dry the seeds out in a colander 1 day in advance in the refrigerator prior to roasting to evaporate the extra moisture for a crisper seed!

INSTRUCTIONS

1. Preheat oven to 375°F.
2. Cut the pumpkin in half lengthwise. Scoop out the seeds and stringy bits from each half and save for roasting --Don't throw these away!
3. Rub the cut side of the pumpkin generously with olive oil, coating the entire surface of the pumpkin. Flip the pumpkin over and roast with the cut side down.
4. Season with salt and pepper.
5. Roast in the oven for approx. 45 mins., or until soft, and fork-tender through the exterior skin.
6. Remove from oven and allow to cool. Scoop flesh from the skin and set aside. While you are making the soup, is the perfect time to roast your seeds!
7. Heat the oil in a large pot over medium heat. Add the onion, garlic, salt, pepper and sauté until fragrant, 1 min.
8. Add the carrots and sauté until soft, 5 to 8 mins.
9. Add in the scooped out pumpkin, sage, rosemary, thyme and ginger. Stir and cook 30 seconds to 1 min., until fragrant.
10. Add in 3 cups of the broth. Bring to a boil, cover, and reduce heat to a simmer. Cook until the carrots are tender, 20 mins.
11. Let cool slightly, remove the thyme stems and using an immersion blender or regular blender, blend until smooth.
12. If your soup is too thick, add up to 1 cup more broth and blend.
13. Season to taste and serve with parsley, toasted pumpkin seeds and freshly grated Parmesan cheese.

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ROASTED WINTER SQUASH SEEDS

INGREDIENTS

- 1 cup of winter squash seeds, can be spaghetti squash, acorn squash, butternut, pumpkin, etc.
- 1 Tbsp. of Olive Oil
- 1/2 tsp. of Salt
- 1 Tbsp. of flavorful seasoning, I like a BBQ Seasoning, but feel free to use Italian, Cajun, Old Bay, Etc.

Yield: 1 Cup

EQUIPMENT

- Baking Sheet
- Medium mixing bowl

INSTRUCTIONS

1. Preheat the oven to 350°F. Line a baking sheet with parchment paper or aluminum foil.
2. After removing the seeds from the pumpkin, remove any strings and bits of pumpkin. Pat dry, and place in a small bowl. Do not rinse--the water will make it harder for the seeds to crisp up! If you plan in advance, the seeds can be placed in an open colander in the fridge the day prior to really dry out. This will help them become extra crispy!
3. Stir the olive oil, salt and seasoning into the seeds until evenly coated. Spread out in an even layer on the prepared baking sheet. You may eliminate the salt if you use a seasoning that already includes salt.
4. Bake for 15 minutes, or until seeds start to pop. Remove from oven and cool on the baking sheet before serving.



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