

Pumpkin Soup

Made with Mini Asian Heirlooms



4-6 servings



1 hour 25 Minutes

INGREDIENTS

1-2 Mini Asian Heirlooms

4 Tbsp Olive Oil

1 Large Onion

5 Garlic Cloves

1/2 tsp Sea Salt

1/2 tsp Cinnamon

1/2 tsp Ground Nutmeg

3/8 tsp Cloves

Dash Cayenne Pepper

Black Pepper

4 Cups Vegetable or Chicken Broth

1/2 Cup Heavy Cream

2 Tbsp Syrup or agave

1/4 Cup Pepitas

DIRECTIONS

1. Preheat oven to 425 degrees.
2. Cut pumpkin(s) in half and scoop out the seeds (save them if you plan to roast). Slice each pumpkin half into thirds. Brush 1 Tbsp olive oil over the pumpkin flesh.
3. Line a baking sheet with parchment paper and place pumpkin pieces on pan, cut side down. Roast for 35 Minutes or until meat is soft.
4. Heat the remaining olive oil in a dutch oven or pot. Add onion and cook until onion is translucent. Add garlic and salt and cook until the garlic is fragrant.
5. Peel the skin off of the cooked pumpkin. Add the pumpkin meat, cinnamon, nutmeg, cloves, cayenne pepper and black pepper into pot. Use a spoon or spatula to break down the pumpkin into a paste.
6. Add broth to the pot and bring to a boil.
7. Reduce heat and simmer for 15 minutes.
8. Toast Pepitas in a skillet over medium heat stirring them frequently.
9. Add heavy cream and syrup to the soup. Remove from heat and let cool slightly. To make the soup creamy, use an immersion blender or regular blender to cream.
10. Serve in bowls or hollowed out pumpkins.