

Roasted Pumpkin Soup

Recipe By *Faigy Grossman*



Cooking and Prep:  2 h

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover, Sukkot

Diet: Vegetarian, Low Fat,
Low Carb, Sugar Free, Vegan,
Paleo, Pescetarian, Gluten

Free

Source: Family Table by
Mishpacha Magazine

The bountiful pumpkins that dot the landscape this time of year piqued my interest and led me to concoct this delicious soup. A little more sophisticated than butternut squash, and surprisingly less orange in color, the outcome was even better than I imagined! Go for it!

Ingredients (10)

Roasted Pumpkin Soup

- oil, for sautéing
- 2 onions, sliced into thin circles
- 7 cups canned or fresh roasted pumpkin, cubed (see note)
- 2 small sweet potatoes, cubed

- 5 cups water
 - 2 teaspoons salt
 - 1 teaspoon cinnamon
 - 1/2 teaspoon black pepper
 - 1/8 teaspoon ground nutmeg
 - Gefen Sweetened Dried Cranberries, for garnish (*optional*)
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Start Cooking

Prepare the Soup

1. In a heavy-bottomed pot, sauté onions in oil over low heat, stirring occasionally. Once onions have caramelized (after about 20–30 minutes), remove from pan and set aside.
2. Add remaining ingredients to pot and bring to a boil. Reduce heat and cover pot, just allowing steam to escape. Cook until vegetables are tender when pierced with a fork, about 30 minutes. Turn off heat and blend with immersion blender. Return caramelized onions to pot and heat through. Adjust seasonings to taste. Garnish with dried cranberries.

Note:

To roast pumpkin, cut a medium-sized pumpkin in half; scoop out seeds. Place halves onto baking sheet with a bit of water, cover tightly and bake for 45 minutes at 350°F (180°C). (Depending on size of pumpkin, you may need additional time if the inside is still hard to remove.) Allow to cool and scoop out flesh to measure seven cups. Reserve remaining pumpkin for another use. (You can use in muffins, cobblers, soups, cakes, or purees. Or freeze in containers, labeled by name and amount...the possibilities are endless!)

Credits

Photography: Hudi Greenberger

Styling: Janine Kalesis