



Mission's Kitchens

Pumpkin Soup

Serves: 4

Ingredients

2 tablespoons butter or olive oil

1 onion, quartered

2 carrots, peeled and cut 1" slices

1 apple (or pear), peeled and sliced

2 cups fresh pumpkin, cut in half

3 cups chicken stock

1 cup cream or coconut milk

Salt and freshly ground pepper, to taste

Optional seasonings:

Fresh or dried herbs: parsley, sage, rosemary and thyme all pair well

Spices: curry powder, chili peppers, ginger (fresh or dried), or chili sauce

Directions

1. To roast pumpkin, preheat oven to 400 degrees F.
2. Cut whole pumpkin in half and discard seeds or reserve for another use.
3. Place pumpkin on a baking sheet, cut side down. Add onion, carrot and apple. Drizzle with olive oil, and season with salt and pepper.
4. Roast in oven until tender but not falling apart, about 30 to 40 minutes. Let cool, peel away skin, and dice.
5. Puree the mixture in a food mill; if you do not have a food mill, then puree in a food processor or blender.
6. Pour the puree in a stockpot, add the chicken stock and simmer for 15 minutes.
7. Add the cream and simmer for 5 more minutes, lowering the heat if necessary so it does not boil. Season, to taste.
8. Divide soup among 4 soup bowls and serve immediately. Serve with crusty garlic bread.