



Pumpkin Soup

Introduction

Pumpkin soup is a delightful and comforting dish, perfect for the autumn months when pumpkins are in season. This creamy and aromatic soup combines the sweetness of pumpkin with spices that give it a warm and inviting flavor. This recipe showcases how to prepare a delicious pumpkin soup that will not only warm your body but also your soul.

Detailed Ingredients with measures

- Pumpkin, diced (approx. 1 kg)
- Onion, chopped (1 medium)
- Carrot, grated (1 medium)
- Garlic, minced (2 cloves)
- Vegetable broth (1 liter)
- Olive oil (2 tablespoons)
- Salt (to taste)
- Pepper (to taste)
- Cream for serving (optional)

Prep Time

Prep time for this pumpkin soup is approximately 15 minutes. This includes chopping, grating, and measuring out all the ingredients needed for the recipe.

Cook Time, Total Time, Yield

The cook time for the soup is about 30 minutes. Therefore, the total time from

start to finish is around 45 minutes. This recipe yields approximately 4 servings, making it ideal for family meals or cozy gatherings with friends.



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Detailed Directions and Instructions

Step 1: Prepare the Ingredients

Gather all the necessary ingredients for the pumpkin soup, including pumpkin, onion, garlic, vegetable or chicken broth, cream, and spices.

Step 2: Chop the Vegetables

Peel and dice the pumpkin into small cubes. Chop the onion and mince the garlic.

Step 3: Sauté the Aromatics

In a large pot, heat some oil over medium heat. Add the chopped onion and minced garlic, sautéing until they become soft and translucent.

Step 4: Cook the Pumpkin

Add the diced pumpkin to the pot. Stir well to combine with the onion and garlic. Cook for about 5 minutes, allowing the pumpkin to soften slightly.

Step 5: Add the Broth

Pour in the vegetable or chicken broth until the pumpkin is fully submerged. Bring the mixture to a boil, then reduce to a simmer. Cover the pot and cook for approximately 20 minutes, or until the pumpkin is tender.

Step 6: Blend the Soup

Once the pumpkin is tender, remove the pot from heat. Using an immersion blender, blend the soup until smooth. Alternatively, transfer the mixture to a countertop blender in batches if necessary.

Step 7: Stir in the Cream

Return the smooth soup to the pot. Add cream to achieve the desired creaminess. Stir well to combine.

Step 8: Season the Soup

Taste the soup and season with salt, pepper, and your choice of spices such as nutmeg or ginger to enhance the flavor.

Step 9: Serve the Soup

Ladle the soup into bowls and serve hot. Optionally, garnish with seeds, cream, or fresh herbs for added flavor.

Notes

Note 1: Pumpkin Varieties

You may use different types of pumpkin or squash, such as butternut squash, depending on availability.

Note 2: Vegan Option

For a vegan version, omit the cream or use a plant-based cream substitute.

Note 3: Storage

The soup can be stored in an airtight container in the refrigerator for up to 3 days or frozen for up to 3 months.

Note 4: Adjusting Consistency

If the soup is too thick, you can add additional broth or water to reach your

desired consistency.



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Cook techniques

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