



# Pumpkin Soup



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## 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.

See also Chocolate Chip Peanut Butter Cookies

## **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.

See also Strawberries and Cream Buttermilk Waffles Recipe



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# Cook techniques

## **Roasting**

Roasting is a method that involves cooking food evenly in the oven using dry heat. For the pumpkin soup, the pumpkin should be roasted until soft and caramelized, enhancing its natural sweetness.

## **Sautéing**

Sautéing is a technique where food is cooked quickly in a small amount of oil or fat over relatively high heat. This technique can be used for sautéing onions and garlic to develop rich flavors before adding other ingredients.

## **Blending**

Blending involves using a blender or food processor to combine ingredients until smooth. After cooking the roasted pumpkin and other ingredients, blending them creates a creamy soup texture.

## **Simmering**

Simmering is a gentle cooking method where food is cooked in liquid at a low temperature. The soup should be simmered to allow the flavors to meld together, resulting in a harmonious taste.

# **FAQ**

## **Can I use other types of squash for this recipe?**

Yes, you can substitute other squashes like butternut or acorn squash in place of pumpkin.

**How should I store leftover pumpkin soup?**

Leftover pumpkin soup should be stored in an airtight container in the refrigerator for up to three days.

**Can I freeze pumpkin soup?**

Yes, pumpkin soup can be frozen. Make sure to cool it completely before transferring it to a freezer-safe container.

**What can I serve with pumpkin soup?**

Pumpkin soup pairs well with crusty bread, croutons, or a dollop of sour cream.

**Is pumpkin soup healthy?**

Yes, pumpkin soup is generally healthy as it is low in calories and rich in vitamins and fiber, especially if prepared with nutritious ingredients.



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## Conclusion

The pumpkin soup recipe offers a delightful and nutritious option that brings warmth and comfort to any meal. Its creamy texture and rich flavor make it a perfect choice for the fall season and beyond. Enjoy this dish as a starter or a main course, and feel free to experiment with various toppings and garnishes to suit your taste.

See also Chocolate Chip Cookies

## More recipes suggestions and combination

### **Spiced Pumpkin Soup**

Add some chili flakes or cayenne pepper for a spicy kick. This variation enhances the warmth of the soup and provides an exciting twist to the classic recipe.

### **Pumpkin Soup with Coconut Milk**

Swap out some of the broth for coconut milk to create a richer, creamier version of pumpkin soup. This combination introduces a hint of tropical flavor that pairs well with pumpkin.

### **Curried Pumpkin Soup**

Incorporate curry powder into the soup for an exotic flavor profile. The spices add depth and complexity, making for a unique culinary experience.

### **Pumpkin and Apple Soup**

Mix in some apple chunks for a touch of sweetness. This pairing of

pumpkin and apple can enhance the flavor and create a deliciously surprising soup.

### **Roasted Garlic Pumpkin Soup**

Roast garlic alongside your pumpkins for a deeper, caramelized flavor. This addition elevates the overall taste and adds a wonderful aroma to the soup.

### **Pumpkin Soup with Sage**

Garnish the soup with crispy sage leaves to infuse a savory element. The earthy notes of sage complement the sweetness of the pumpkin beautifully.



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