

Roasted Pumpkin Soup



SHORT STORY

Pumpkin's natural sweetness and creamy texture lends itself easily to this warm, cozy, and healthy soup recipe. No heavy cream needed! Pull up a chair and ladle out one of my fall favorites!

**TIME**

1 Hr 15 Min

**SERVES**

4-6 people

**COOK**

Stove & Oven

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INGREDIENTS

- 4 Tbsp. olive oil
- 1 medium sugar pie pumpkin
- 1 yellow onion, chopped
- 5 garlic cloves, pressed
- 1/2 tsp. salt
- 1/2 tsp. cinnamon
- 1/2 tsp. nutmeg
- dash of cloves
- dash of cayenne
- dash of pepper
- 4 cups vegetable broth
- 1/2 cup coconut milk
- 1-2 Tbsp. raw, local honey
- a handful of roasted pepitas
- a few sprigs of cilantro

INSTRUCTIONS

1. Preheat your oven to 425°F. Cut your pumpkin in half and scoop out the seeds.
2. Cut the pumpkin into quarters and drizzle with 1 Tbsp. olive oil. Place the quarters, flesh-side down, onto a baking sheet and roast for about 30-40 minutes, or until you can pierce it easily with a fork.
3. Heat a Dutch oven over medium heat with 3 Tbsp. olive oil. Add in the onion, garlic, and salt. Stir occasionally for about 8 minutes. Meanwhile, peel the pumpkin skin off and add the flesh into the pot.
4. Add in the rest of the spices and mash the pumpkin as you stir them in. Then, pour in the vegetable broth and bring everything to a boil. Reduce heat and let simmer for about 15 minutes.
5. After the flavors have had time to meld together, add in the coconut milk and honey. Remove from heat and allow your soup to cool for a few minutes.
6. Pour the soup, one batch at a time, into a blender to create that beloved, creamy texture. Since it will still be pretty warm, be careful of the steam that might leak out from the blender's lid.
7. Ladle the blended soup into serving bowls. Sprinkle with roasted pepitas and a few sprigs of cilantro for color. Soup's on!