

Pumpkin Soup

Ingredients

- 1 (4-pound) winter squash (kabocha, red kuri, or butternut)
- 2 tablespoons olive oil, plus more for drizzling
- 1 medium yellow onion, chopped
- 1 teaspoon salt, plus more as needed
- 3 garlic cloves, chopped
- 1 teaspoon grated fresh ginger
- 1 teaspoon ground cumin
- ½ teaspoon ground coriander
- ½ teaspoon turmeric
- ½ teaspoon ground cardamom
- 1 (14-ounce) can full-fat coconut milk, reserve a little for garnish
- 2½ cups vegetable broth
- 1 tablespoon apple cider vinegar
- Freshly ground black pepper
- Water, as needed
- Microgreens, optional, for garnish

Instructions

- Preheat the oven to 400°F and line a baking sheet with parchment paper.
- Cut the squash in half and scoop out the seeds. Drizzle with olive oil and sprinkle with salt and pepper. Place cut side down on the baking sheet. Roast for 40 to 60 minutes, or until very soft. When cool to the touch, peel away the skin and measure 4½ packed cups of the flesh.
- Heat the 2 tablespoons of oil in a large pot or Dutch oven over medium heat. Add the onion, salt and several grinds of pepper and sauté until soft, 5 to 8 minutes. Add the garlic, ginger, cumin, coriander, turmeric and cardamom and stir for 30 seconds, or until the spices are aromatic. Add the cooked squash, coconut milk and broth and stir to combine. Simmer for 20 minutes, then stir in the vinegar.
- Transfer to a blender, working in batches if necessary, or use an immersion blender. Blend until smooth. Winter squash can vary in water content, so if your soup is too thick, add up to 1½ cups water (½ cup at a time) to reach your desired consistency.
- Season to taste. Pour into bowls and garnish with additional coconut milk, fresh black pepper and microgreens, if desired.

ADAPTED FROM LOVE AND LEMONS

