

Pumpkin Soup

You haven't had the true experience of fall until you've dipped your spoon into this creamy pumpkin soup! Don't skip out on roasting the fresh pumpkin; it's the only way to taste the real flavor!

Ingredients

2 tablespoons Unsalted Butter
1 large White Onion, chopped (about 2 ½ cups)
2 large Garlic Cloves, chopped (about 1 tablespoon)
1½ teaspoons freshly grated Nutmeg
1teaspoon ground Cinnamon
4 cups homemade or low sodium Chicken Broth + additional if needed
2 cups Whole Milk
½ cup Heavy Whipping Cream
4 cups mashed Pumpkin (from about 3 baked Sugar Pie Pumpkins)
2 tablespoons Light Brown Sugar, or to taste
1 ½ teaspoons Salt, or to taste + additional
½ teaspoon Black Pepper, or to taste

Preparation

Melt butter in a large cast iron or other large pot on medium-high heat. Add onions and a pinch of salt; sauté until very tender, about 7-10 minutes. Add garlic and sauté 1 minute longer. Add nutmeg and cinnamon and sauté until incorporated. Add chicken broth, milk, heavy whipping cream, mashed pumpkin and stir. Partially cover and bring to a light boil. Remove from heat and puree mixture with hand blender until smooth. Bring soup back to a low simmer. Stir in brown sugar, salt and pepper. Soup should be slightly thick, add additional chicken broth and simmer for a thinner consistency if preferred.

Serves 4-6

*To bake pumpkins, remove tops and scoop out seeds and stringy flesh. Slice pumpkins into quarters and place on a large foiled baking sheet. Bake in the center of the oven at 400 degrees for 45 minutes to 1 hour, until very tender. Cool, scoop out flesh and mash. For a smoother consistency, puree in a food processor.

* Sugar Pie Pumpkins recommended for a sweeter flavor.