Recipes

HEART

Healing Engaging and Recovering Together

Pumpkin Soup

Ingredients
1 medium pumpkin (about 2-3 pounds)
1 tablespoon olive oil or butter
1 large onion, diced
3 cloves garlic, minced
1 teaspoon fresh ginger, grated (optional, for a warming flavour)
4 cups vegetable or chicken broth
1 cup coconut milk or heavy cream
1 teaspoon salt, to taste
1/2 teaspoon black pepper
1/2 teaspoon ground nutmeg
1/4 teaspoon cayenne pepper or smoked paprika (optional, for a little heat)
Toppings: pumpkin seeds, croutons, fresh herbs (optional)

This version is savoury with a hint of spice, perfect for cool autumn days.

Instructions

1. Prepare the Pumpkin (if using fresh)
   - Preheat your oven to 400°F (200°C).
   - Slice the pumpkin in half, scoop out the seeds, and place it on a baking sheet. Roast for about 30-40 minutes, or until soft. Let it cool, then scoop out the flesh and set aside.
2. Sauté the Aromatics
   - In a large pot, heat olive oil or butter over medium heat.
   - Add the diced onion and cook until soft, about 5 minutes. Add garlic and ginger, cooking for another 1-2 minutes until fragrant.
3. Combine Ingredients
   - Add the pumpkin flesh to the pot, stirring to combine.
   - Pour in the broth, stirring well, and bring to a boil. Reduce the heat and simmer for 10-15 minutes to let the flavors blend.
4. Blend the Soup
   - Use an immersion blender directly in the pot to blend until smooth, or carefully transfer the soup in batches to a blender.
5. Add Cream and Seasonings
   - Stir in coconut milk or heavy cream for a creamy texture.
   - Add salt, pepper, nutmeg, and cayenne or paprika (if desired). Taste and adjust seasonings as needed.
6. Serve
   - Ladle the soup into bowls and garnish with pumpkin seeds, croutons, or fresh herbs.