Recipe

Pumpkin Soup

About 35 mins | Serves 4 to 6 | Easy

Ingredients

- 3 tbsp unsalted butter
- 2 carrots, thinly sliced
- 1 medium yellow onion, finely chopped
- 1 tbsp finely chopped garlic
- 2 tsp finely chopped peeled ginger
- Kosher salt
- Freshly ground pepper
- 12 oz butternut squash, peeled and cut into ½-inch cubes
- 2 tbsp tomato paste
- ½ tsp smoked paprika
- 1 (15-oz) can pumpkin purée
- 6 cups (or more) low-sodium vegetable broth
- Heavy cream or sour cream and roasted pumpkin seeds, for serving (optional)

Steps

1. In a large Dutch oven or heavy pot over medium heat, melt the butter. Add the carrots, onion, garlic and ginger, and season with salt and pepper. Cover and cook, stirring now and then, until the vegetables are tender, 5 to 6 minutes.
2. Add the squash, cover and cook, stirring now and then, until the squash is barely fork-tender, 4 to 5 minutes. Add the tomato paste and paprika and cook, stirring, until the tomato paste is brick red, 1 to 2 minutes.
3. Add the pumpkin purée and 6 cups of broth. Partly cover the pot and bring to a boil over high heat. Turn the heat down to medium-low and simmer, stirring now and then, until the squash is very tender, about 15 minutes.
4. Take the pot off the heat. Blend until smooth with an immersion blender (or let the soup cool, then blend it in batches in a regular blender). If the soup is too thick, add more broth, ¼ cup at a time. Season with salt and pepper.
5. Divide the soup among bowls. Top with a spoonful of sour cream and some pumpkin seeds, if you like.