

## ***Pumpkin Squash Soup** from Urban Sacred Garden*



Pumpkin, one of my favorite foods in the world. I may just buy up all the spare pie pumpkins this season to make as much fresh pumpkin puree as possible so I'll have it for months to come. In the meantime, I've settled for two pie pumpkins and this tasty, garlicky recipe. The cream gives this soup beautiful color and texture. I served this dish at a Fall dinner party this weekend and it was a big hit. Yield: About 10 Servings

### **INGREDIENTS:**

2 Pie Pumpkins, cut in 1/2 and de-seeded\*  
1 Large Butternut Squash, de-skinned, de-seeded and cut into cubes\*  
2 Leeks, trimmed and chopped  
4 Cloves Garlic, chopped  
4 Tbsp Olive Oil, plus some to toss with Butternut Squash  
Fresh Ground Sea Salt

Fresh Ground Black Pepper  
3 Tbsp Blood Orange Balsamic Vinegar  
1 Cup Apple Cider (buy local made, 100% juice, no sugar added)  
5 Cups Chicken Stock  
1 Cup Half & Half  
Pomegranate Seeds, for garnish

\*Save seeds for Roasted Pumpkin Seeds, use the recipe for Roasted Butternut Squash Seeds.

### **DIRECTIONS**

1. Preheat oven to 375 degrees. In a large roasting pan combine Butternut Squash, Olive Oil, Salt and Pepper. Toss, ensuring Squash is thoroughly coated. Cover a cookie sheet with aluminum foil and place 4 pumpkin halves face (flesh side) down. Place butternut squash and pumpkin in the oven and roast for about 45 minutes, stirring squash occasionally to ensure even cooking and prevent drying of any pieces. Cook until squash and pumpkin are soft.
2. Remove pans from oven. In a large soup pan combine 4 Tbsp Olive Oil, Salt, Pepper, Leeks and Garlic. Cook over medium low heat for about 5 minutes until leeks start to become clear. Pour Roasted Squash into soup pan. Scrape pumpkin flesh out of skins with a large spoon into soup pan. Toss pumpkin skins in the garbage. Add Vinegar, Apple Cider and Chicken Stock. Cook over low heat. Smash squash and pumpkin with a wooden spoon to break up into small pieces. Use an immersion blender (or hand mixer) to puree until smooth and most chunks are gone. If you want a thinner texture add more Stock if needed.
3. Once soup is pureed completely add Half & Half. Add Salt as needed for taste (don't be afraid of salt, it is necessary for the flavor of the soup and it takes quite a bit). Remember when you're using fresh vegetables as opposed to can you will need to add the salt yourself. Stir occasionally over low heat and bring soup to a slow boil.
4. Once soup is finished ladle into individual bowls, add Fresh Ground Pepper, and sprinkle with fresh Pomegranate seeds. Serve warm. Enjoy!