

# Pumpkin- Apple Soup



## Ingredients

- 2 tablespoons olive oil
- 2 cups chopped onion
- 3 garlic cloves, chopped
- 4 cups (1/2-in.) cubed peeled fresh pumpkin or butternut squash (about 1 lb. 2 oz.)
- 1 large Granny Smith apple, cut into 1/2-in. cubes
- 1/4 teaspoon ground cinnamon
- 1/2 teaspoon salt, divided
- 3 cups unsalted vegetable stock (such as Swanson)
- 2 tablespoons raw hulled pumpkin seeds (pepitas)
- 2 teaspoons sugar
- 1/4 cup apple cider

## Preparation

1. Heat oil in a large saucepan over medium heat; swirl to coat. Add onion; cook 5 minutes, stirring occasionally. Add garlic; cook 2 minutes. Add pumpkin, apples, cinnamon, and 1/4 teaspoon salt; cook 5 minutes, stirring often. Add stock; bring to a boil. Reduce heat to medium-low; simmer 25 minutes or until pumpkin and apples are tender.

2. While soup cooks, combine pepitas, sugar, and remaining 1/4 teaspoon salt in a medium nonstick skillet over medium heat. Cook 7 minutes or until sugar melts and pepitas are toasted, stirring often. Transfer to a plate; cool completely, breaking up any clumps.

3. Place half of pumpkin mixture in a blender, remove center piece of blender lid (to allow steam to escape). Secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters); blend until smooth. Place soup in a bowl. Repeat

procedure with remaining pumpkin mixture. Pour in apple cider, and reheat in pan if needed. Divide soup evenly among 8 bowls; sprinkle evenly with pepitas.

- ***Thai-Coconut Soup:*** Omit cinnamon; instead add 1/2 teaspoon ground ginger with the pumpkin and apples in step 1. Omit apple cider; instead add 3/4 cup light coconut milk and 1 tablespoon lime juice. Omit pepitas, sugar, and salt in step 2; instead sprinkle evenly with 2 tablespoons cilantro before serving. Serve with lime wedges.
- ***Chipotle-Spiced Pumpkin Soup:*** Increase cinnamon to 1/2 teaspoon. Add 1 finely chopped seeded chipotle chile canned in adobo sauce to apples and pumpkin in step 1. Omit apple cider; instead add 1/4 cup water. Omit pepitas, sugar, and salt in step 2; instead garnish with 1 ounce thinly sliced and slivered Spanish chorizo, cooked in a small skillet over medium-low heat until crisp.

## Tips & Trick:

- Simple toppings like salty-sweet pepitas, chorizo, or freshly chopped herbs make each soup more flavorful.
- For a fun, no-fuss garnish, top any of the soups with 2 tablespoons popped popcorn.