
Kabocha Pumpkin Soup

Description

Chef Maka's Kabocha Pumpkin Soup is perfect as cooler weather starts to kick in. Everyone is sure to love it!

Total time: 1 hr 30 min Yield: 4 servings

Ingredients

1 kabocha pumpkin (2 to 3 lbs.)
3 Tbsp oil
salt & pepper
1 cup onions (chopped)
2 tsp garlic (chopped)
1/2 cup carrots (chopped)
1/2 cup celery (chopped)
4 cup vegetable stock
1/2 tsp cumin
2 Tbsp butter
lime juice
cilantro

Prep Time: 1 hr Cooking Time: 30 min Total Time: 1 hr 30 min

Instructions

Cut pumpkin into four pieces. Rub with oil, salt and pepper. Roast in oven at 350°F until golden brown, about 30 minutes. Set aside to cool. Remove seeds and spoon out meat.

In a large pot, add oil and sauté onions, garlic, carrots and celery until golden brown. Add roasted pumpkin and stock. Season with cumin, salt and pepper. Simmer for 30 minutes.

Blend until smooth. Add butter to taste. Eat with a squeeze of lime and fresh cilantro.

Recipe brought to you by:

Chef Maka Kwon