



Pumpkin Soup

Recipe By MICHAEL McMURTREY

SERVES: 4

INGREDIENTS:

- | | |
|--|--|
| <input type="checkbox"/> 2 cups raw cashews | <input type="checkbox"/> black pepper |
| <input type="checkbox"/> 1 (3-lb.) Kobacha squash "Japanese pumpkin" | <input type="checkbox"/> 1 tsp. grated fresh ginger |
| <input type="checkbox"/> 1 sweet potato | <input type="checkbox"/> 3 garlic cloves, chopped |
| <input type="checkbox"/> 1 lg. carrot | <input type="checkbox"/> 1/2 tsp. ground coriander |
| <input type="checkbox"/> olive oil | <input type="checkbox"/> 1/2 tsp. ground cardamom |
| <input type="checkbox"/> 2 tbsp. plant-based butter | <input type="checkbox"/> 1 tsp. ground cumin |
| <input type="checkbox"/> 1 yellow onion, chopped | <input type="checkbox"/> 1/2 tsp. turmeric |
| <input type="checkbox"/> 1 tsp. sea salt | <input type="checkbox"/> 1 tbsp. apple cider vinegar |
| | <input type="checkbox"/> 2½ cups (up to 4 cups) chickenless broth (or vegetable broth) |

DIRECTIONS:

- ☐ 1. Soak your cashews overnight.
- ☐ 2. Preheat the oven to 400°F and line a baking sheet with parchment paper.
- ☐ 3. Cut the pumpkin into quarters and scoop out the seeds. Cut sweet potato in half. Cut carrot into 2-inch pieces. Drizzle everything with olive oil and sprinkle with salt and pepper. Place cut side down on the baking sheet. Roast for 40 to 60 minutes or until very soft. When cool, peel and discard the pumpkin and potato skin. Measure 4½-5 packed cups of all the veggies.
- ☐ 4. Heat butter in a large pot or Dutch oven over medium heat. Add the onion, salt, and several grinds of pepper and sauté until soft, 5 to 8 minutes. Add the garlic, ginger, cumin, coriander, turmeric, and cardamom, and stir for 30 seconds or until the spices are aromatic. Add the cooked squash, drained raw cashews, and broth. Simmer for 20 minutes, then stir in the vinegar.
- ☐ 5. Transfer to a blender, working in batches if necessary. (You can also use an immersion blender, but it won't be as smooth.) Blend until smooth. If your soup is too thick, add up to 1½ cups water or broth (½ cup at a time) to reach your desired consistency.
- ☐ 6. Season to taste. Pour into bowls and garnish with black pepper, pepitas, dried cranberries, and chopped herbs.

Did you make this recipe?

Tag your picture (@inglesmarkets) and you might win a prize!