

ISLAND GROWN

HARVEST OF THE MONTH

WINTER SQUASH

PUMPKIN SOUP

- 1 medium sized pumpkin
- 2 1/2 - 3 pounds or the equivalent amount of winter squash
- 1/4 C. Olive oil
- 2 sweet potatoes, peeled and cut into chunks (12-16 oz.)
- 2 large onions, cut into 8 pieces each
- 3-4 garlic cloves, whole
- 6 C. Vegetable stock
- Zest of 1 large orange
- 1C. Plain yogurt
- Parmesan cheese for garnish optional
- Salt and ground pepper

Heat oven to 350. Cut pumpkin in half, remove seeds and strings. (save seeds if you plan on toasting them for a garnish). Cut seeded pumpkin into 6-8 wedges, rub with olive oil and place on a lined baking sheet. On a second lined baking sheet put the sweet potato, onions and garlic cloves, drizzle with olive oil and season with salt and pepper. Roast until tender about 45 to 60 minutes, removing vegetables as they become tender. In a soup pot put the roasted onions, garlic and sweet potatoes, scrape the pumpkin flesh from the skin, discard skin, add the pumpkin flesh to the pot. Add the orange zest, Pour stock over all and bring to a boil. Reduce heat and simmer for 30-40 minutes until vegetables are very tender. Cool slightly, using an immersion blender, a stand up blender or a food processor purée soup until smooth, adding more broth if needed. Season with salt and pepper to taste. Heat through as needed. Top each serving with a spoonful of plain yogurt, toasted pumpkin seeds if you are using them and a sprinkle of Parmesan cheese.

Recipe by Robin Forte



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