

Farm Fresh To You



HARVEST OF THE MONTH

Pumpkin

ROASTED PUMPKIN SOUP

Similar in flavor to a butternut squash soup, this roasted pumpkin soup is creamy, delicious and perfect for those cold fall nights. Though this recipe calls for a sugar pie pumpkin, any pumpkin will do.

INGREDIENTS

- One (4-5 lb) sugar pie pumpkin
- ½ cup shallots, minced
- Three tablespoons butter
- Five cups of chicken broth
- One teaspoon salt
- ¼ teaspoon white pepper
- ¼ teaspoon nutmeg
- 1 ½ tablespoons maple syrup
- ¼ cup cream

INSTRUCTIONS

Preheat the oven to 375°F.

Wash the pumpkin and cut it in half. Scoop out the seeds and stringy parts.

Line a cookie sheet with tinfoil and put the pumpkin cut-side down on the foil. Bake in the oven for about one hour, until the pumpkin is soft. Let cool. Scrape the pumpkin out of the pumpkin skin. Mash it with a potato masher or blend in a food processor until smooth.

Peel and mince the shallots. Heat the butter in a large saucepan and cook the shallots over very low heat until they're soft. Add the broth and turn up the heat to medium. Heat until it just starts to simmer. Add the salt, white pepper, nutmeg and maple syrup and stir. Add the pureed pumpkin a little bit at a time, stirring as you add.

When everything is mixed together and heated through, turn off the heat and stir in the cream. Taste and adjust seasonings. Serve immediately.



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