THE J.M. SMUCKER Co

Harvest Pumpkin Soup

Prep Time	Cook Time	Serves	Difficulty
25 mins	30 mins	6	N/A

Ingredients

- 2 lb (1 kg) fresh pumpkin or 1 (14 oz / 398 mL) can pumpkin purée
- 1 medium onion, chopped
- 2 carrots, peeled and sliced
- 3/4 cup (175 mL) celery, chopped
- 2 cloves garlic, chopped
- 1 tbsp (15 mL) fresh ginger, minced
- 2 tbsp (30 mL) Vegetable or Canola Oil
- 2 1/2 cups (625 mL) chicken broth
- 1/4 cup (50 mL) butter
- 1/4 cup (50 mL) **Robin Hood®** Original All Purpose Flour

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- 1 1/2 cups (375 mL) milk
- salt and pepper to taste

Directions

Step 1:

Peel and seed fresh pumpkin. Cut into chunks.

Step 2:

Sauté onion, carrots, celery and garlic in oil in large saucepan for 5 minutes. Stir in ginger, pumpkin and broth. Bring to a boil over medium heat, stirring often. Reduce heat, cover and simmer for 25 minutes or until vegetables are tender, stirring occasionally. Purée mixture in batches in food processor or blender until smooth. Set aside.

Step 3:

Melt butter in same saucepan. Add flour, stirring until blended. Gradually add milk, stirring until smooth. Cook over medium heat, stirring constantly, until mixture comes to a boil and is thickened. Add pumpkin mixture to milk mixture. Reheat to serve.

Images

