PUMPKIN SOUP

DIRECTIONS

1. Heat olive oil in large pot over medium high heat. Add onion and butternut squash and sauté for 8 to 10 minutes or until tender.
2. Add remaining ingredients. Stir to combine and bring just to a boil.
4. Blend with immersion blender until smooth or transfer soup to blender and purée until smooth.
5. Evenly divide soup into 6 bowls and top each bowl with 1 tablespoon of pepitas.

Cook’s Notes: This recipe is gluten- and vegan-friendly.

INGREDIENTS

SERVES 6

- 2 tablespoons olive oil
- 1 small white onion, diced
- 1 cup diced butternut squash (skin and seeds removed)
- 3 cups canned pumpkin (approximately 1 ½ 15-ounce cans)
- 1 tablespoon honey or light agave syrup
- 2 cups water
- ¼ cup apple juice concentrate
- 2 teaspoons vegetable bouillon
- ½ teaspoon curry powder
- 1 teaspoon coarse salt
- ¼ teaspoon white pepper
- ¼ teaspoon cinnamon
- 1 cup coconut milk
- 6 tablespoons pepitas (pumpkin seeds), roasted and salted (for garnish)

This recipe has been converted from a larger quantity in the restaurant kitchens. The flavor profile may vary from the restaurant’s version. As a reminder while preparing this recipe, please supervise children who are helping or nearby.

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