

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.
3. Reduce to medium low heat. Simmer for 30-45 minutes until completely cooked and tender. Stir occasionally.
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
- ½ teaspoon white pepper
- ½ 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.

All recipes are the property of Walt Disney Parks and Resorts U.S., Inc., and may not be reproduced without express permission.