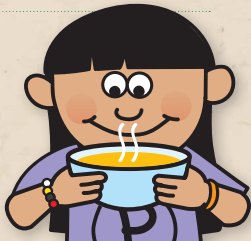


Pumpkin Soup

Everyone will
Love
this cozy soup

Full of plant
nutrients and rich
Flavour



Pumpkin Soup

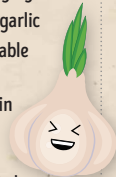


The most important ingredient in this - and every recipe - is plant nutrients. Plant nutrients grew the pumpkins to make this delicious soup. Drawn from nature, plant nutrients help kids grow up healthier and live longer lives because it adds nutrition and taste to the foods we love.

To learn more about how plant nutrients feed the world, starting with your family, visit www.nutrientsforlife.ca

Ingredients

- 1 (2 lb) pumpkin, halved & seeds removed and saved
- 1 tsp. salt
- ¼ tsp. plus a pinch freshly ground black pepper
- 3 tbsp. olive oil
- 2 tsp. ground cinnamon
- 1 tsp. ground allspice
- ¾ cup chopped onion
- ½ cup chopped carrot
- ¼ cup chopped celery
- 2 tbsp. minced ginger
- 1 tbsp. minced garlic
- 3 ½ cups vegetable stock
- 3 tbsp. pumpkin seed oil
- 15 to 20 small sage leaves, fried



Directions

- Preheat oven to 400 degrees F
- Place the pumpkin cut side up on a parchment-lined baking sheet
- Season with ½ tsp. of salt and ¼ tsp. of pepper. Invert to the cut side down, and drizzle with 1 tbsp. of the olive oil. Place in the oven and roast until the skin is golden brown and the pumpkin is tender, 50 to 60 minutes.
- Spread the pumpkin seeds on a foil-lined baking tray. Drizzle with olive oil and sprinkle with salt. Bake in the oven with the pumpkin for the last 15 minutes of baking time, stirring once to prevent sticking.
- Remove pumpkin and seeds from the oven and allow to cool.
- Once cool enough to handle, use a spoon to scoop the pumpkin flesh from its skin and set pumpkin aside until ready to use. Discard the skin. Set seeds aside for garnish.
- Set a medium saucepan over medium-high heat.

Add the remaining 2 tbsp. of olive oil and, when hot, add the cinnamon and allspice and cook, stirring constantly, for one minute. Add the onions, carrots, celery and ginger to the pan. Saute, stirring occasionally, until lightly caramelized, 3 to 4 minutes. Add the garlic, reserved pumpkin and vegetable stock to the pan. Bring to a boil, reduce to a simmer and cook the soup for 15 to 20 minutes, or until the vegetables are soft.

- Remove the soup from the heat and process with an immersion blender until smooth. Season with the remaining 1.2 tsp. salt and pinch of pepper.
- To serve, ladle 1 cup of the soup in each of the 6 warmed soup bowls.
- Drizzle 2 teaspoons of the pumpkin seed oil in the bowl and garnish with 2 or 3 fried sage leaves and pumpkin seeds.



INTERNATIONAL YEAR OF
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