



Roasted Pumpkin-Apple Soup



Cook
30 m

Ready In
1 h 10 m

Recipe By: EatingWell Test Kitchen

“Apples add just a hint of sweetness to this velvety pumpkin soup. Try it as a delightful first course for a special meal.”

Ingredients

- 4 pounds pie pumpkin or butternut squash, peeled, seeded and cut into 2-inch chunks (see Tip)
- 4 large sweet-tart apples, such as Empire, Cameo or Braeburn, unpeeled, cored and cut into eighths
- 1/4 cup extra-virgin olive oil
- 1 1/4 teaspoons salt, divided
- 1/4 teaspoon freshly ground pepper
- 1 tablespoon chopped fresh sage
- 6 cups reduced-sodium chicken broth or vegetable broth
- 1/3 cup chopped hazelnuts, toasted (see Tip)
- 2 tablespoons hazelnut oil

Directions

- 1 Preheat oven to 450 °F.
 - 2 Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper in a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.
 - 3 Transfer about one-third of the pumpkin (or squash) and apples to a blender along with 2 cups broth. Puree until smooth. Transfer to a Dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.
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Make Ahead Tip: Cover and refrigerate for up to 3 days. Reheat in the microwave on High, covered, stirring frequently, or on the stovetop over medium heat.

Tips: Make it easier to cut a pumpkin, acorn squash or other winter squash: pierce in several places with a fork; microwave on High for 45 to 60 seconds. Use a large sharp knife to cut in half. Remove the seeds and stringy fibers with a spoon.

To toast chopped nuts, small nuts and seeds, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Cut Down on Dishes: A rimmed baking sheet is great for everything from roasting to catching accidental drips and spills. For effortless cleanup and to keep your baking sheets in tip-top shape, line them with a layer of foil before each use.

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