

# Pumpkin Soup



SERVES 6-8

## INGREDIENTS

- 4 Tablespoons olive oil, divided
- 1 sugar pie pumpkin
- 1 medium yellow onion
- 2 carrots
- 2 cloves garlic
- *Optional: 1 teaspoon curry powder*
- 1 tablespoon fresh grated ginger
- 1 cup red lentils
- 2 quarts (8 cups) water or broth
- Salt and pepper
- *Optional Garnishes: yogurt, fresh herbs (such as cilantro), goat cheese, toasted seeds or nuts, siracha*

## DIRECTIONS:

1. Preheat oven to 425°F. Carefully halve pumpkin and scoop out seeds (save to roast if you want!).
2. Cut pumpkin pieces in half again. Brush or rub 1 Tablespoon olive oil over the flesh of each pumpkin and place the quarters, cut side down, onto the baking sheet. Roast for 35 minutes or longer, until the orange flesh is easily pierced through with a fork. Set aside to cool for a few minutes.
3. Heat remaining 3 Tablespoons of olive oil in large pot over medium heat. Once the oil is shimmering, add onion and carrot. Stir often and cook until tender.
4. While onion is cooking, peel the pumpkin skin off pumpkin pieces and discard.
5. Add garlic, ginger, and curry powder (if using) to pan and cook until fragrant about 30 seconds.
6. Add pumpkin, lentils, a pinch of salt, and water (or broth) to pan. Turn up the heat to high and bring to a boil. Reduce heat to low, cover and simmer for 15-20 minutes, until lentils are tender.
7. Season soup to taste with black pepper and salt. Puree soup using immersion blender in the pot, or working in batches in a counter-top blender (securely fasten the lid and use a towel to protect your hand from steam and splashes). Or break up chunks of pumpkin with a potato masher.
8. Serve immediately, garnishing each bowl individually with your choice of toppings. Soup will keep in refrigerator for up to five days.

**DEMO VIDEO: Search "Concrete Farm to School Pumpkin Soup" on Youtube**