

Roasted Squash Soup with Cayenne Pepper

FOUR SERVINGS

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INGREDIENTS

- 1 medium sized winter squash or sugar pumpkin* (or 2 small squash – 3 to 4 pounds total) seeded and cut into wedges (reserve seeds and pulp)
- 1 medium onion, diced
- 2 carrots, peeled and diced
- 1 celery stalk, diced
- 4 sprigs thyme, minced
- 1 bay leaf
- 1 quart chicken or vegetable stock (32 oz.)
- ½ teaspoon cayenne pepper (use more or less cayenne to taste)
- ½ cup heavy cream or half & half
olive or canola oil
salt & pepper

*Cooking pumpkins are usually only available during the Thanksgiving and Holiday season

FIRST

Heat oven to 350° degrees. Place squash wedges on a parchment lined baking sheet. Drizzle with vegetable oil and season with salt & pepper. Place in the heated oven and roast until tender and lightly browned – approximately 30 to 40 minutes. Allow to cool.

While the squash is roasting...

In a sauce pan, sauté the seeds and pulp in vegetable oil. Add chicken or vegetable stock and bring to a boil. Reduce heat, cover and simmer for 20 minutes. Strain and set aside.

SECOND

Coat the bottom of dutch oven or soup pot with olive oil. Put onion, celery, carrot and thyme in cold pan and set to medium-high heat. Season with salt, pepper and pinch of cayenne. Cook for approximately 5 minutes until the oil is no longer cloudy and the water has been released from the vegetables.

THIRD

Carefully remove the skin from the squash wedges and cut flesh into 1-inch pieces. Add squash to pot and combine well. Pour in strained stock and add bay leaf. Increase heat and bring the soup to a boil. Reduce heat; add salt, pepper and cayenne to taste. Cover and simmer soup for 20 to 30 minutes until squash is very soft.

FOURTH

Remove bay leaf. With a hand-held immersion blender,* puree the soup in the pan. Once the soup is smooth, add the cream, combine well and adjust the seasonings.

**If you do not have an immersion blender, puree the soup in batches in a blender. Pour back into pot; add seasonings and cream.*