

Pumpkin Soup


You have to try this smooth and creamy pumpkin soup!

BY REE DRUMMOND Updated: Sep 6, 2023

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| YIELDS: | PREP TIME: | COOK TIME: | TOTAL TIME: |
| 8 serving(s) | 5 mins | 1 hr | 1 hr 5 mins |

Ingredients

- 2 whole pie pumpkins
- 1 qt. vegetable or chicken stock
- 1/2 c. heavy cream
- 1/3 c. maple syrup
- dash of nutmeg
- salt to taste
- Extra cream and toasted pumpkin seeds, for serving

[See Nutritional Information](#) 

Directions

- 1 | Preheat oven to 300 degrees. Place pumpkins on a cookie sheet and roast them until slightly shriveled and soft. Allow to cool slightly, then slice in half and carefully scoop out seeds and pulp. Scoop yummy flesh into a bowl. Set aside.
- 2 | In a pot, heat up the pumpkin flesh with the stock and maple syrup until simmering. Mash out the big chunks, then transfer the mixture to a blender or food processor (or use an immersion blender) and puree until velvety smooth. Add cream and nutmeg, then blend again. Season with salt to taste.
- 3 | Reheat if you need to, or just go ahead and serve!