

Squash Soup in Pumpkin Bowls

		For the Bowls:			
4	small	pumpkins	3	Tbs	heavy cream (optional)
2	tsp	sugar			For the Toppings:
		For the Soup:	3	Tbsp	roasted pumpkin seed
3	Tbs	unsalted butter	1	large cup	Sourdough and/or pumpernickel croutons
1/2	small	red onion, chopped	1	teaspoon	Paprika, chili powder or Spanish pimento
2	Tbsp	thyme leaves	1/2	cup	bacon bits
1	med - 2 lbs.	butternut squash	1/2	cup	Fried onions
1	tsp	sugar	1	small cup	Fried sage or parsley leaves
					Salt and black pepper to taste

- 1, Make the bowls: Preheat the oven to 400 degrees F. Use a paring knife to cut a large circle around the stem of each pumpkin (make a zigzag cut, if desired). Remove the lid and scoop out the seeds and fibers. Sprinkle the inside of each with 1/2 teaspoon each sugar and salt. Place the pumpkins and lids on a baking sheet; roast until tender, 20 to 35 minutes, depending on their size.
- 2, Meanwhile, make the soup: Melt the butter in a large saucepan over low heat. Add the onion and 1 teaspoon salt. Strip the thyme leaves into the pot, increase the heat to medium and cook, stirring occasionally, until the onion is soft, about 5 minutes. Add the squash (peeled and cut into 1-inch pieces) and sugar and cook, stirring, until glazed, 3 to 4 minutes. Add 5 cups water and bring to a boil. Reduce the heat to low and simmer, uncovered, until the squash is tender, 15 to 20 minutes.
- 3, Working in batches, transfer the soup to a blender, crack the lid to let steam escape and puree until smooth; return to the saucepan (or puree directly in the pan with an immersion blender). Stir in the heavy cream, if desired. Season with salt and pepper, and top as desired.

Servings: 4
Yield: 4

Degree of Difficulty

Degree of Difficulty: Very easy
Preparation Time: 10 minutes
Cooking Time: 35 minutes
Total Time: 45 minutes

Nutrition Facts

Serving size: 1/4 of a recipe (8.5 ounces).

Percent daily values based on the Reference Daily Intake (RDI) for a 2000 calorie diet.

Nutrition information calculated from recipe ingredients. 3 of the recipe's ingredients were not linked. These ingredients are not included in the recipe nutrition data.



Amount Per Serving	
Calories	337.02
Calories From Fat (43%)	146.15
	% Daily Value
Total Fat 16.61g	26%
Saturated Fat 8.18g	41%
Cholesterol 33.73mg	11%
Sodium 430.6mg	18%
Potassium 679.23mg	19%
Total Carbohydrates 42.38g	14%
Fiber 3.95g	16%
Sugar 10.76g	
Protein 7.31g	15%