

WINTER PUMPKIN SOUP



America's Artisan Spice & Tea Company

Servings: Four

Nothing quite says welcome to fall than a great bowl of pumpkin soup. I love the flavor combinations in this recipe. This soup was just the right flavor, highlighted by our Winter spice blend. I chose to combine the coconut milk, apple juice, and vegetable broth in equal portions so that the spice flavor was clean and not muddled with the heaviness of the coconut milk. I added cannellini beans for the protein and to help thicken the soup. I finished it with a swirl of acetaia oddolini honey balsamic and a few Fennel and Fire Pink & Pink twists. I hope you enjoy this welcome to fall as much as I do. Jay Stratton

Ingredients:

One small pumpkin
Two acorn squash
1 Tbsp grapeseed oil
Two large carrots peeled & diced
One large onion diced
3 tsp Fennel and Fire Winter seasoning
1/2 can of cannellini beans (14 oz)
1 cup apple juice
1 cup unsweetened coconut milk
1 cup vegetable broth
Salt & pepper

Finishing Ingredients:

Fennel and Fire Pink & Pink
Acetaia Oddolini honey balsamic

Directions:

Step 1. Preheat oven to 400 degrees.

Step 2. Cut the squash into half or quarters. Place the squash flesh side up on a baking sheet. Brush with grapeseed oil. Sprinkle flesh with salt & pepper. Roast squash and pumpkin for 35 min or until tender. Cover with aluminum foil if the flesh is turning too brown. Once tender, remove from oven and set aside to cool.

Step 3. While the vegetables are roasting, sautee onion, carrots, and 2 tsp of Fennel and Fire Winter spice blend

for approx 10 min or until tender and spices are fragrant. You may need to add a splash of broth or water to keep it from sticking. Add cannellini beans to the pan for 1-2 minutes at the end of the sautee process. Set aside to cool for 5-10 min.

Step 4. Once the squash is cool, scoop out the cooked flesh, excluding the rind. Add to a food processor along with the other ingredients except for the finishing ingredients. Process until smooth.

Step 5. Add the pureed liquid to the stock pot and 1 tsp of winter spice. Bring to a boil, reduce heat to med-low and simmer for 20-30 min. Remove from heat.

Step 6. Once cool, refrigerate overnight to allow the flavors to meld.

To Serve: Reheat soup in a microwave or on the stovetop. Spoon into a bowl, drizzle with Acetaia Oddolini honey balsamic and grind 4-8 twists of Fennel and Fire Pink & Pink.



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naturally!

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