

Pumpkin Soup

By Grace Elkus

From the website "the kitchn"

Serves: 4

Prep: 5 minutes

Cook: 20 minutes

Ingredients

1 medium yellow onion, very finely chopped
3 cloves garlic, finely grated
2 tablespoons fresh thyme leaves (from 1 large bunch), plus more for garnish
2 tablespoons olive oil
1 (15-ounce) can pumpkin purée (about 2 cups)
3/4 teaspoon kosher salt
1/2 teaspoon ground cumin
1/4 teaspoon freshly ground black pepper
1/8 teaspoon ground ginger
1/8 teaspoon cayenne pepper
2 cups low-sodium vegetable broth
2 tablespoons maple syrup
2 tablespoons heavy cream
Toasted pumpkin seeds and flaky sea salt, for serving (optional)

Instructions

1. Heat 2 tablespoons olive oil in a medium saucepan over medium heat until shimmering. Add 1 very finely chopped medium yellow onion and 3 finely grated garlic cloves and cook until fragrant, 3 to 4 minutes.
2. Add 2 tablespoons fresh thyme leaves, 1 (15-ounce) can pumpkin purée, 3/4 teaspoon kosher salt, 1/2 teaspoon ground cumin, 1/4 teaspoon black pepper, 1/8 teaspoon ground ginger, and 1/8 teaspoon cayenne pepper. Cook over medium-low until steaming and fragrant, about 5 minutes.
3. Add 2 cups low-sodium vegetable broth and cook, stirring constantly, for 3 to 4 minutes. (The mixture will bubble.)
4. Remove the pot from the heat. Add 2 tablespoons maple syrup and 2 tablespoons heavy cream, and stir to combine. (At this point, for a creamier soup, you can use an immersion blender or transfer to a blender to purée until it reaches your desired consistency.)
5. Serve warm, garnished with toasted pumpkin seeds, flaky salt, more fresh thyme leaves, and black pepper if desired.

Storage Note: Leftovers can be refrigerated in an airtight container for up to 5 days or frozen for up to 2 months.