

Creamy Pumpkin Soup with Chili Cran-Apple Relish

*Chef Kevin - Aldi Test Kitchen
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*1 butternut squash
2 acorn squash
4 cups heavy whipping cream
15 ounces 100% pure canned pumpkin
3 tablespoons unsalted butter
1 onion, diced
1 tablespoon salt
1 1/2 teaspoons ground pepper
1 tablespoon Italian seasoning
1 tablespoon thyme leaves, chopped
3 tablespoons all-purpose flour
1 apple
1/2 cup dried cranberries
3 tablespoons wildflower honey
1 tablespoon hot sauce*

Preparation Time: 20 minutes

Cook Time: 1 hour 10 minutes

Preheat the oven to 375 degrees.

Cut the butternut squash and acorn squash in half and remove the seeds. Lay the squash, cut side down, on a rimmed baking sheet. Place in the oven. Pour water into the baking sheet until the water reaches halfway up the side of the pan.

Bake for 30 to 45 minutes or until the squash are soft.

Peel the squash and add the flesh to a food processor. Add the heavy cream and the pumpkin. Process until smooth.

In a large stockpot over medium heat, melt the butter. Add the onion, salt, pepper, Italian seasoning and thyme. Saute' until the onions are caramelized. Sprinkle flour over the onions to make a roux. Cook for 3 to 4 minutes or until the roux is golden brown.

Add the squash mixture. Bring to a light simmer for 15 to 20 minutes.

While the soup is simmering, dice the apple into small cubes. Combine in a bowl with the cranberries, honey and hot sauce. Stir to combine.

Season the soup with salt and pepper to taste. Garnish the soup with one tablespoon of the apple mixture.

TIP:

The squash is used as a thickener. If using large squash, an extra cup of heavy cream can be used to thin the soup, if necessary.

Per Serving (excluding unknown items): 4928 Calories; 391g Fat (67.8% calories from fat); 48g Protein; 369g Carbohydrate; 50g Dietary Fiber; 1398mg Cholesterol; 7232mg Sodium. Exchanges: 19 1/2 Grain(Starch); 1 1/2 Vegetable; 1 1/2 Fruit; 3 Non-Fat Milk; 77 1/2 Fat.