

# Roasted Pumpkin Apple Soup

*Joan Donatelle - "Astonishing Apples"  
Scripps Treasure Coast Newspapers*

## Servings: 10

*1 (two pound) baking pumpkin,  
quartered and seeded  
4 tablespoons extra-virgin olive oil  
sea salt  
freshly ground black pepper  
1 1/2 pounds firm, sweet-tart apples,  
peeled, cored and chopped  
2 carrots, peeled and chopped  
3 small shallots, chopped  
1 rib celery, chopped  
pinch salt  
pinch pepper  
2 cloves garlic, minced  
1 tablespoon fresh sage, minced  
1/2 teaspoon grated nutmeg  
4 cups chicken stock  
2 cups apple cider  
1/4 cup honey  
1 tablespoon pepitas (raw pumpkin  
seeds) OR sunflower seeds  
2 tablespoons pumpkin seed oil (or  
substitute walnut or olive oil)  
1 apple (for garnish), unpeeled*

Preheat the oven to 425 degrees.

Drizzle the pumpkin quarters with one tablespoon of olive oil. Season with salt and pepper. Lay, cut-side down, on a baking sheet.

Roast for 45 minutes. Allow to cool. When the pumpkin is tender, set aside to cool. Scoop out the flesh.

As the pumpkin is roasting, core and slice the garnish apple into twenty thin slices. Toss with one tablespoon of the olive oil. Lay on a baking sheet lined with parchment paper. Roast for about 15 minutes, until golden.

Meanwhile, in a large stockpot set over medium-high heat, warm the remaining two tablespoons of olive oil. Add the carrots, shallots, celery, chopped apples and a pinch of salt and pepper. Cover. Cook for about 10 minutes, stirring occasionally. When the vegetables and apples begin to soften, add the garlic, sage and nutmeg. Stir for about 1 minute until the garlic is fragrant.

Stir in the pumpkin, chicken stock and cider. Cover the pot. Bring to a boil. Reduce the heat to medium-low. Simmer for about 15 minutes. Stir in the honey.

Using an immersion blender, puree the soup until smooth. (If using a standard blender, work in batches.) Taste and adjust seasoning.

Serve in warmed soup bowls. Garnish with two slices of roasted apple, a pinch of pepitas and a drizzle pumpkin seed oil.

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Per Serving (excluding unknown items): 116 Calories; 6g Fat (43.8% calories from fat); 1g Protein; 16g Carbohydrate; 1g Dietary Fiber; 0mg Cholesterol; 870mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Vegetable; 1/2 Fruit; 1 Fat; 1/2 Other Carbohydrates.

Per Serving Nutritional Analysis

Calories (kcal):	116	Vitamin B6 (mg):	.1mg
% Calories from Fat:	43.8%	Vitamin B12 (mcg):	0mcg
% Calories from Carbohydrates:	53.8%	Thiamin B1 (mg):	.4mg
% Calories from Protein:	2.4%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	6g	Folacin (mcg):	5mcg
Saturated Fat (g):	1g	Niacin (mg):	trace
Monounsaturated Fat (g):	4g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	trace	Alcohol (kcal):	0
Cholesterol (mg):	0mg	% Refuse:	0.0%
Carbohydrate (g):	16g	<b>Food Exchanges</b>	
Dietary Fiber (g):	1g	Grain (Starch):	0
Protein (g):	1g	Lean Meat:	0
Sodium (mg):	870mg	Vegetable:	1/2
Potassium (mg):	169mg	Fruit:	1/2
Calcium (mg):	14mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	1
Zinc (mg):	trace	Other Carbohydrates:	1/2
Vitamin C (mg):	3mg		
Vitamin A (i.u.):	4434IU		
Vitamin A (r.e.):	443RE		

Nutrition Facts

Servings per Recipe: 10

Amount Per Serving		
Calories	116	Calories from Fat: 51
% Daily Values*		
Total Fat	6g	9%
Saturated Fat	1g	4%
Cholesterol	0mg	0%
Sodium	870mg	36%
Total Carbohydrates	16g	5%
Dietary Fiber	1g	2%
Protein	1g	
Vitamin A		89%
Vitamin C		4%
Calcium		1%
Iron		5%

\* Percent Daily Values are based on a 2000 calorie diet.