

instructables Pumpkin Soup



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Pumpkin Soup



by Shortet

Hello everyone! For this cold weather nothing better than a delicious warm soup! This is my favorite pumpkin soup recipe, so easy to make and really delicious, let's get started! Supplies:

Ingredients: (This recipe makes up to 6 bowls of soup.)

- 1200gr Pumpkin
- 1 Onion
- 1 Potato (optional)
- 3 cloves of garlic
- 2 tablespoons of olive oil
- 20gr butter

- 1 orange (optional)
- Little bit of ginger (optional)
- 1 cup of chicken broth or concentrated chicken broth like i used.
- Little bit of Cilantro (optional)
- Salt and pepper to taste
- Water
- 1/2 cup of milk or cream (whichever you prefer).



Step 1: Prep the Ingredients

1. **Pumpkin:** Peeled and chopped into medium chunks.
2. **Potato:** Peeled and chopped into medium chunks.
3. **Onion:** Chopped into thin slices.
4. **Orange:** Cut in half.
5. **Garlic:** Remove the peel.



Step 2: Stir-fry

For me this step is CRUCIAL, it enhances the flavors of all the ingredients.

1. Add the olive oil and butter to a pot.
2. Add the onion.
3. Add the garlic.
4. Stir-fry for 5 minutes in low – medium heat.







Step 3: Stir-fry Again

For me this step is CRUCIAL, it enhances the flavors of all the ingredients.

1. After the onion and garlic have soften, add the pumpkin.
2. Then add the potato. The potato makes the soup thicker, which I like, but you can skip this step if you want.
3. Stir-fry for 10 minutes in low – medium heat.





Step 4: Blend and Cook

1. Add 5 cups of water or 4 cups of water and 1 cup of chicken broth.
2. Add the concentrated chicken broth (if you are using liquid chicken broth skip this).
3. Boil for 20 minutes until pumpkin is very tender, then use a blender blitz to smooth.





Step 5: Final Touches

1. Add a little of grate ginger for flavor.
2. Add the milk or cream whichever you prefer.
3. Also adjust salt and pepper to taste!
4. Optional: Boil for another 5 minutes or until slightly thicker (if you like a thick soup leave it for longer).





Step 6: Optional Steps

This steps are optional but i think it makes the soup better!

1. Serve in a bowl and add a squish of orange juice.
2. Then add a little bit of cilantro to taste.
3. Enjoy!



Documents / Resources

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References

- 🧑🍳 [Yours for the making - Instructables](#)
- 🧑🍳 [Shortet's Profile - Instructables](#)
- 🧑🍳 [Pumpkin Soup : 6 Steps \(with Pictures\) - Instructables](#)
- [User Manual](#)

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