

Kabocha Squash Soup

I have found it easier and quicker to roast a squash first, then add the flesh to a recipe, rather than peel and cut a hard winter squash into pieces. The kabocha squash is the richest of the winter squashes, which is what makes this soup so delicious on a cold night. If you cannot find kabocha squash, look in an Asian market. You can serve this soup with no milk, if desired to keep dairy free. The pomegranate seeds and candied pecans add a zing of sweetness and dress up this beautiful orange soup.

1	Tbs	olive oil	1	pinch	salt & pepper to taste	
1	medium	onion, diced	½	cup	pomegranate seeds (optional)	
2	½	pound	kabocha squash	½	cup	Candied Pecans, optional (see separate recipe)
4	cups	chicken broth				
1	cup + or -	milk				

- 1 Cut squash in half and remove the seeds. Place face down on a baking sheet and place in 350° oven for 20 minutes or until flesh is tender when pierced with a meat fork. Size of the squash will determine the time. Turn over squash halves and let cool. When cool, separate flesh from the skin by scooping out the squash or by cutting away the skin, whichever is easiest.
- 2 While squash is roasting, in a soup pot, cook onions in olive oil on low heat. Cover and cook until onions are translucent. When squash has softened, add to pot along with the chicken broth. Bring to a boil and then simmer until squash mixture is very soft.
- 3 Using an immersion blender or a food processor, puree the soup until smooth. Add desired amount of milk to achieve the desired consistency.
- 4 Garnish with pomegranate seeds and candied pecans.

Servings: 6

Total Time: 30 minutes

Nutrition Facts

Nutrition (per serving): 295 calories, 40 calories from fat, 4.5g total fat, 3.3mg cholesterol, 594.1mg sodium, 1924.8mg potassium, 61.9g carbohydrates, 9.9g fiber, 15.9g sugar, 9.7g protein.

Source

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