

Pumpkin and Apple Soup

3, Tbsp, olive oil
4 ½, pound, pumpkin. roasted to provide about 5 cups of pumpkin "meat"(see below)
1, large, onion, diced
1,, apple, diced
3,, carrots, peeled and chopped
2,, tomatoes, diced
1 ½, tsp, salt
¾, tsp, freshly ground pepper
1 ½, tsp, ground cumin
2, tsp, ground coriander
5, cups, chicken broth
,,Fresh parsley, chopped for garnish

1. Preheat the oven to 400 degrees.
2. Cut the pumpkin in half. Scoop out the seeds and stringy stuff.
3. Using your fingers, coat the cut sides with a little olive oil.
4. Roast the pumpkins in a baking pan about 70 minutes. They will release about 1/2 cup of clear liquid, probably water, by the time they are done.
5. Let them cool, then scrape the pumpkin off the skin.
6. Dice the onion,
7. peel and chop the carrots,
8. peel, seed, and dice the apple,
9. dice the tomatoes, then
10. Heat 2 Tbsp olive oil in a large soup pot.
11. Sauté the onion, carrots, apple, pumpkin for about 10 minutes adding the cumin, coriander, salt, and pepper.
12. Add the tomatoes at the end.
13. Add the chicken broth.
14. Bring to a boil and simmer for 15 minutes.
15. Puree using a hand held blender or in a countertop blender in batches. Remember to leave the top off of a countertop blender when processing hot liquids as the steam can make the top explode. Instead, cover your blender with a kitchen towel.