

# Pumpkin Soup

*This recipe makes approximately 11 cups of soup*



## Ingredients

**1 tbsp** butter  
**2 tbsp** + vegetable broth or stock  
**2** carrots, thinly sliced  
**1 med** yellow onion, finely chopped  
**1 tbsp** minced garlic  
**1 tbsp** peeled minced ginger  
Kosher salt  
Freshly ground pepper  
**12 oz** butternut squash, peeled and cut into ½" cubes  
**2 tbsp** tomato paste  
**½ tsp** smoked paprika  
**15 oz** pumpkin puree  
**6 cups** + vegetable broth or stock  
Heavy Cream or Sour Cream

## Directions:

1. Melt the butter with 2 tablespoons of broth in a large Dutch oven or heavy pot over medium heat.
2. Add the carrots, onions, garlic, and ginger. Season with salt and pepper.
3. Cover and cook for 5 to 6 minutes, stirring occasionally, until the vegetables are tender.
4. Stir in the squash, cover, and cook for 4 to 5 minutes, until just barely fork-tender.
5. Add the tomato paste and paprika. Cook for 1 to 2 minutes, stirring, until the tomato paste turns a deep red.
6. Stir in the pumpkin puree and 6 cups of broth. Partially cover the pot, bring to a boil over high heat, then reduce to medium-low. Simmer for about 15 minutes, stirring occasionally, until the squash is very tender.
7. Remove the pot from heat. Use an immersion blender to blend the soup until smooth, or let it cool slightly and blend in batches in a standard blender.
8. If the soup is too thick, add broth 1/4 cup at a time until it reaches your desired consistency. Adjust seasoning with salt and pepper.
9. Add parchment paper to your trays, and spread the soup evenly across the trays, add dividers in the 40 portion configuration to aid in freeze drying more evenly.
10. Freeze until frozen solid.
11. Freeze dry (my cycle time was 39 hours)

## Rehydration:

To rehydrate 1 serving, place about 43 g of freeze-dried soup powder in a bowl or mug. Stir in 240–300 g (1–1 ¼ cups) of hot water, adding it gradually until the soup reaches a smooth, creamy consistency.

## Notes:

This recipe makes approximately 7 - 1 ½ cup servings of soup. You may want to freeze dry sour cream or heavy cream to use as a topper for this soup. You can also add dried pumpkin seeds as a garnish when serving. This soup powders well or can be stored in portion squares.

## Nutritional Value Per 1 serving

Calories: 135 Protein: 3 g Fat: 2.5 g Carbohydrates: 27 g Sugar: 9 g Fiber: 5 g