

Cream of Pumpkin Soup

Swick

Makes 2 servings | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Making the Soup

- 1/2 pound (225 g) acorn or butternut squash, peeled, seeded, and cut into large chunks
- 1/4 cup chopped leeks (or onion)
- 1 tablespoon vegetable oil
- 1 3/4 cups unsweetened soy milk
- 1 teaspoon cumin seed
- 1 teaspoon dried turmeric
- 1 teaspoon salt, plus more if needed

Place a steamer tray into a pot with about 2 inches of water. Bring water to a boil and steam squash until soft, about 15 minutes.

In a soup pot, stir-fry leeks in vegetable oil until soft but not browned, about 3-4 minutes.

Add soy milk, steamed squash, and spices and simmer for 15 minutes.

Blend all together with an immersion blender or in a food processor (in batches, if necessary) until smooth. Add salt to taste.