

One-Pot Roasted Squash Soup

By J. Kenji López-Alt

Published Feb. 15, 2023



David Malosh for The New York Times. Food Stylist: Simon Andrews.

Total Time 1½ hours

Rating ★★★★★ (947)

You could make pumpkin or squash soup by roasting the pumpkin on a sheet tray while sautéing onions, carrots and ginger on the stovetop before combining it all with stock and blending it. But it's tedious compared with tossing everything into an oven-safe pot, roasting it all, then blending it directly in the same pot. The onions cook a little unevenly using this method, and that's a good thing: Some slices sweeten gently while others deeply caramelize as they roast, giving the soup more complexity. For a little sweetness, some apples or pears are added to the roast as well, but you can omit them if you prefer a more savory soup.

INGREDIENTS

Yield: 6 to 8 servings

2 kabocha or kuri squash (3½ to 4½ pounds total), skin on and quartered, seeds, pulp and hard stems discarded

1 large yellow or white onion (about 12 ounces), peeled and thinly sliced

1 large or 2 medium carrots (about 8 ounces), peeled and roughly chopped

4 coin-size slices of fresh, peeled

PREPARATION

Step 1

Adjust an oven rack to the lower-middle position and heat the oven to 375 degrees. Combine the squash, onion, carrot, ginger, apples, herbs (if using) and olive oil in a large Dutch oven or large, ovenproof saucepan. Season with salt and pepper, and toss to combine.

Step 2

Place the pot in the oven, uncovered, and roast until the squash shows no resistance when poked with a paring knife or cake tester, 1 to 1½ hours.

Step 3

ginger

2 apples or pears, cored and
roughly chopped

A few sprigs of fresh thyme or
rosemary (optional)

6 tablespoons extra-virgin olive oil,
plus more for serving

Salt and black pepper

6 cups homemade or store-bought
stock, or water, plus more as
desired

2 tablespoons maple syrup or
honey (optional)

Juice of ½ lemon or ½ orange

Transfer the pot to the stovetop, and discard any woody herb stems (if using). Add the stock or water, and place over a burner set to medium-low heat. Stir with a wooden spoon to scrape up any bits stuck to the bottom of the pot. Using an immersion blender, blend the soup until it's as smooth as you like. (You can also transfer to a standing blender or food processor in batches if you prefer.)

Step 4

Stir in the maple syrup (if using) and citrus juice. Adjust the consistency with more water or stock if desired. Season to taste with salt and pepper. Serve with a drizzle of olive oil and freshly ground black pepper.

Private Notes

Leave a [Private Comment](#) on this recipe and see it here.