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Sherried Kabocha Soup with Spiced Pepitas

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nutritional information



Serves 6



If kabocha squash is unavailable, any other type of winter squash (butternut, acorn, etc.) will work in this recipe, though it may change the texture due to varying moisture content. To make up for these differences, adjust the water you add in the last step.

Spiced Pepitas

½ cup pepitas or shelled pumpkin seeds

1 Tbs. olive oil

2 tsp. agave nectar

½ tsp. smoked paprika

½ tsp. salt

2 Tbs. chopped cilantro

Soup

1 Tbs. olive oil

1 medium onion, thinly sliced (1 cup)

2 cloves garlic, minced (2 tsp.)

2 tsp. smoked paprika

1 bay leaf

2 Tbs. dry sherry

1½ lb. kabocha squash, peeled, seeded, and cut into 1-inch pieces


2 cups low-sodium vegetable broth

1. To make Spiced Pepitas: Preheat oven to 350°F. Line baking sheet with parchment paper. Toss together pepitas, olive oil, agave nectar, paprika, and salt in small bowl. Spread on prepared baking sheet, and bake 10 to 12 minutes, turning occasionally. Cool. Break pepitas apart, and toss with cilantro.

2. To make Soup: Heat oil in large pot over medium-high heat. Add onion, sauté 5 to 7 minutes, then stir in garlic, smoked paprika, and bay leaf. Cook 1 minute more. Add sherry, and cook 2 minutes. Add squash, vegetable broth, and 1 cup water. Bring to a simmer, cover, and reduce heat to medium-low. Cook 25 minutes, or until squash is tender.

3. Remove bay leaf, and purée soup in food processor or blender until smooth. Season with salt and pepper, if desired. Serve sprinkled with Spiced Pepitas.

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