

Pumpkin Apple Soup with Chestnuts

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Now that you learned all about the wee chestnut, here is a fall recipe for you to try out on your family and friends.

Pumpkin Apple Soup with Chestnuts

Ingredients:

- 2 tablespoons unsalted butter
- 1 medium onion, chopped
- 2 Golden Delicious apples (about 1 pound), peeled, cored and cut into eighths
- 2 cans (15 ounces each) pure pumpkin
- 4 cups (1 carton, 32 ounces) chicken broth
- 1 bay leaf
- 1 teaspoon ground coriander
- 1/2 teaspoon salt
- 1/8 to 1/4 teaspoon crushed red pepper flakes
- 1/2 cup heavy cream
- 5 tablespoons drained 2 percent Greek yogurt, for garnish
- 10 fresh chestnuts, roasted, peeled and coarsely chopped, for garnish (if you can't find fresh you can use dry-packed)
- 2 tablespoons chopped fresh chives, for garnish
- 10 mini sugar pumpkins
- Olive oil, for brushing

Directions:

- In small stock pot over medium heat, melt butter.
- Add onion and apples; cook, stirring occasionally until softened, about 10 minutes.
- Stir in pumpkin, broth, 1 1/2 cups water, bay leaf, coriander, salt and red pepper flakes. Bring to a simmer; reduce heat to medium-low.
- Cook covered, stirring occasionally, until apples are soft, about 30 minutes. Remove from heat; discard bay leaf.
- Using an immersion blender, puree soup in pot until smooth.
- Stir in cream and return to stove.
- Cook over medium heat until heated through, about 4 minutes.

To make pumpkin shells

- While soup is cooking, preheat oven to 375°.
- Cut top third off pumpkins, making sure to keep matching tops and shells together. (If necessary, trim a thin layer off bottoms of pumpkins so they sit level.)
- Using a large spoon, scoop out seeds and strings; discard.
- Place pumpkin shells and tops on foil-lined baking sheet; brush all cut edges with oil. Bake until warmed, 6 to 8 minutes.

Serve soup

- Ladle soup into pumpkin shells, if using (if not, serve in warm bowls).
- Garnish each serving with 1/2 tablespoon dollop of yogurt and a sprinkling of chestnuts and chives.

(Serves 10)

Enjoy!

*Recipe Courtesy of Oprah Magazine: <http://www.oprah.com/food/Pumpkin-and-Apple-Soup-with-Chestnuts#ixzz1ZkvxWzIP>