



**Ingredients:**

- 1 pumpkin approximately 2-3 lbs 5 small
- pumpkins or gourds approx .5 lb each, slice top, remove seeds (4 to use as serving dishes and one for the floral arrangement)
- 2-4 carrots (depending on the size)
- 2-4 celery stalks (depending on the size)
- 1 yellow onion
- 3 garlic bulbs
- 2 cups of stock (veggie or chicken stock)
- 2 tablespoons of olive oil (approx)
- Salt to taste
- Black pepper to taste
- Greek yogurt to finish
- Cilantro leaves (approx 6 leaves for garnish)
- Nutmeg



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Wash pumpkin, cut off the ends and then slice in half lengthwise. Lightly drizzle pumpkin with olive oil and kosher salt. Set pumpkin on a baking sheet (with foil for easy clean up) face side down. Preheat oven to 400°. Place pumpkin in oven and let it bake for 20 – 35 minutes depending on the size.

While pumpkin is baking...

Clean, peel & dice your carrots, celery, onion and garlic. Then, in a heavy stockpot, drizzle olive oil on the bottom of the pot just to coat it. Then turn the heat to medium. Place the diced vegetables in the pot and allow them to sweat (not brown), adjusting the heat so that the veggies literally look like they're sweating, releasing liquid and becoming tender. Add salt and pepper to taste, a pinch of thyme can be added, too.

When they are ready, leave them in the pot and turn off the stove and wait until the butter squash is ready.

(continue)



Back to the oven...

Remove the pumpkins and allow them to cool. Scoop out the insides, the flesh only, leaving the hard outer skin and add the flesh to your pot w the carrots, celery, onions, garlic.

Place the pot back on the stove, set to medium and add the stock until all the vegetables are submerged in liquid. You may use additional stock if the consistency of the soup is too thick when it's finished.

Let the stock and vegetables simmer on the stove for approx 15-20 min, again add salt and pepper to taste.

Take your soup off of the heat and blend ingredients together. You can use a hand mixer or blender. Blend ingredients until the soup has a smooth, creamy consistency. To serve, drizzle olive oil around the serving bowl, add a dollop of yogurt to each serving & cilantro garnish. Use your zester/grater to grate nutmeg into the soup.

Have fun!! It's so easy to make!! Enjoy!!

