



PACIFIC COAST
FARMERS' MARKET
ASSOCIATION

CREAMY KABOCHA SOUP



This soup is perfect to bring in the fall season with its creamy warmth.



00 HR 45 MINS



Serves 2



Featuring

[Borba Family Farms](#)
[Fifth Crow Farm](#)

INGREDIENTS

- 1 kabocha squash, seeded, peeled, cut into 1-inch cubes
- 1 carrot, diced
- 1 onion, finely diced
- 2 tablespoons butter
- 2 to 3 tablespoons heavy cream
- Parsley for garnish, optional
- 4 cups vegetable stock
- Salt and pepper, to taste

METHOD

Carefully cut and skin kabocha squash, cut into 1-inch cubes. Dice onions and carrots.

In a stock pot on the stove, add butter. When melted, add carrots and onion. Cook on medium heat for a few minutes until the onion is almost translucent and lightly browned. Add kabocha and vegetable stock.

Stir.

Bring to a boil, then reduce heat to medium-low. Cook until kabocha is soft, about 45 minutes. Add heavy cream, season with salt and pepper, and stir to combine.

Blend with an immersion blender until smooth. Or place in a standing blender, blend, and add back to the pot. Add more salt and pepper, to taste. Stir. Serve with a garnish of parsley and a drizzle of cream, if desired.