



PACIFIC COAST  
FARMERS' MARKET  
ASSOCIATION

PCFMA.ORG

## KABOCHA PUREE SOUP



An easy and delicious recipe that can be made with other winter squash. Try acorn or butternut squash!



01 HR 05 MINS



Serves 2



### 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
- 4 cups vegetable stock
- Salt and pepper, to taste
- Parsley for garnish, optional

## METHOD

Melt butter in a stock pot on stove top,. Once melted, add carrots and onion. Cook on medium heat for a few minutes until onions are 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, stir to combine.

Blend with an immersion blender until smooth. Or place in a standing blender, blend, and add back to pot.

Add more salt and pepper, to taste. Stir. Serve with garnish of parsley and drizzle of cream, if desired.