



Chipotle Pumpkin Soup



Vegetarian



Gluten Free



Popular

READY IN



45 min.

SERVINGS



5

CALORIES



154 kcal

SOUP

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 2 tablespoons olive oil extra virgin
- ☐ 1 medium onion yellow chopped
- ☐ 3 garlic cloves chopped
- ☐ 1 teaspoon ground cumin
- ☐ 1 chipotle peppers canned chopped for mild, 2 for spicy (in adobo, 1)
- ☐ 8 cups pumpkin pureed canned cooked chopped
- ☐ 4 cups chicken stock see thick for vegetarian or vegan option, can sub water for some of the stock (use vegetable stock)
- ☐ 1 teaspoon oregano or dried

- ☐ 2 teaspoons salt to taste
- ☐ 2 tablespoons juice of lime
- ☐ 5 servings pumpkin seeds shelled toasted (pepitas)
- ☐ 5 servings cilantro leaves
- ☐ 5 servings cream thinned sour with a little water so that it's runny

Equipment

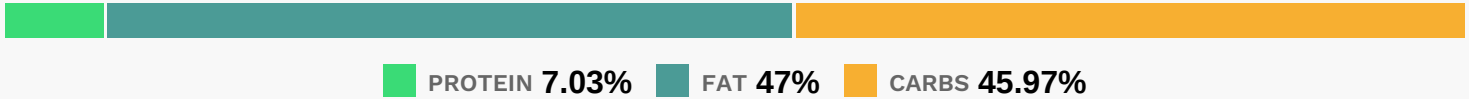
- ☐ bowl
- ☐ frying pan
- ☐ pot
- ☐ blender
- ☐ wooden spoon

Directions

- ☐ Heat oil in a large pot (8-quart) on medium high heat.
- ☐ Add the onions and cook for 3–4 minutes, until softened.
- ☐ Add the garlic, cumin, and chipotle, cook for 1 minute more.
- ☐ Add pumpkin, stock, oregano, salt, then simmer:
- ☐ Add the pumpkin, chicken stock, oregano, and salt. Bring to a simmer, reduce the heat and simmer for 20 minutes, partially covered.
- ☐ Toast pumpkin seeds: If you are working with raw pumpkin seeds, now would be a good time to toast them. (If your pumpkin seeds are already toasted, skip this step.) Just spread them out in an even layer in a frying pan on medium high heat. Stir with a wooden spoon while toasting, until the pumpkin seeds are fragrant and are lightly browned.
- ☐ Remove to a bowl.
- ☐ Purée soup:
- ☐ Remove the soup from heat. Working in batches of 2 cups each, purée the soup in batches, holding down the lid the your blender tightly while puréeing, and starting on a slow speed. Return the puréed soup to the pot.

- ☐ Add lime juice. Adjust seasonings to taste, adding more salt, cumin, oregano, or chipotle to taste. If the soup is too thick, add more stock or water to desired consistency.
- ☐ Serve with toasted pumpkin seeds (pepitas), crema fresca drizzled over the top, and chopped cilantro.

Nutrition Facts



Properties

Glycemic Index:45.2, Glycemic Load:9.74, Inflammation Score:-10, Nutrition Score:13.651304241108%

Flavonoids

Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg, Eriodictyol: 0.13mg Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg, Hesperetin: 0.54mg Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg, Naringenin: 0.02mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 3.04mg, Luteolin: 3.04mg, Luteolin: 3.04mg, Luteolin: 3.04mg Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg, Isorhamnetin: 1.1mg Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg, Kaempferol: 0.15mg Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg, Myricetin: 0.04mg Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg, Quercetin: 4.58mg

Nutrients (% of daily need)

Calories: 154.08kcal (7.7%), Fat: 8.75g (13.46%), Saturated Fat: 2.19g (13.7%), Carbohydrates: 19.25g (6.42%), Net Carbohydrates: 17.31g (6.29%), Sugar: 8.42g (9.36%), Cholesterol: 7.08mg (2.36%), Sodium: 1690.1mg (73.48%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.94g (5.88%), Vitamin A: 16297.87IU (325.96%), Vitamin C: 20.89mg (25.32%), Potassium: 713.45mg (20.38%), Vitamin E: 2.95mg (19.66%), Manganese: 0.37mg (18.72%), Vitamin B2: 0.24mg (14.01%), Copper: 0.27mg (13.69%), Iron: 2.19mg (12.16%), Phosphorus: 115.72mg (11.57%), Folate: 36.88µg (9.22%), Vitamin B6: 0.18mg (8.83%), Magnesium: 35.12mg (8.78%), Vitamin K: 8.64µg (8.23%), Vitamin B1: 0.12mg (7.76%), Fiber: 1.94g (7.75%), Calcium: 71.53mg (7.15%), Vitamin B5: 0.65mg (6.5%), Vitamin B3: 1.26mg (6.3%), Zinc: 0.81mg (5.38%), Selenium: 1.51µg (2.15%)