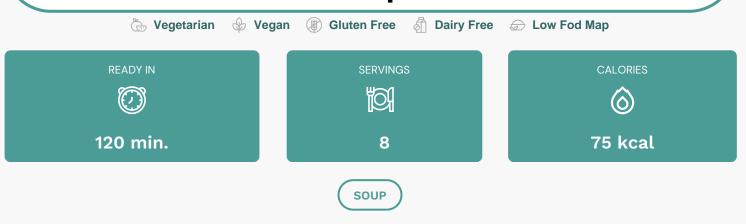


Waiting for Roasted Pumpkin Soup with Toasted Pumpkin Seeds



Ingredients

0.3 teaspoon anise seeds
2 bay leaves
1 pinch cayenne pepper
1 tablespoon kosher salt as needed plus more for seasoning,)
4 tablespoon olive oil divided ()
0.3 teaspoon pepper flakes red crushed
2 star anise pods

	8 cup vegetable stock
	0.3 teaspoon pepper white as needed plus more for seasoning ,)
Eq	uipment
	bowl
	frying pan
	baking sheet
	paper towels
	oven
	pot
	immersion blender
	cheesecloth
Diı	rections
	Place the oven rack in the center position and preheat the oven to 400 degrees F.
	Cut the pumpkin in half. Scrape out the seeds and fibers; set them aside. Rub the cut surface of the pumpkin with about 1 tablespoon olive oil.
	Place it, cut side down, on a parchment-lined baking sheet. Roast the pumpkin in the heated oven until very tender, and beginning to collapse upon itself; about 50 minutes. Set aside to cool somewhat. Meanwhile, rinse the pumpkin seeds removing as much of the pulp and fibers as possible. Dry well between layers of paper towel.
	Heat 1 tablespoon oil in a small nonstick skillet over medium heat.
	Add pumpkin seeds; cook, stirring frequently, until seeds begin to brown and pop, 3 to 4 minutes.
	Remove from heat; cool and drain seeds on paper towels. Season with salt and cayenne pepper. This recipe makes more than you need as garnish for this recipe. The extra seeds may be covered and stored in the refrigerator up to seven days. Tie the cinnamon sticks, star anise pods, anise seeds, crushed red pepper, bay leaves and ginger into a double layer of cheese cloth or other thin clean cotton cloth to make a sachet. Set aside. In a large heavy bottomed or cast iron soup pot set over medium-high heat, warm the remaining 2 tablespoons oil. Add the onion, and cook, stirring often, until translucent; about 5 minutes.
	Add the official and cook, stirring often, until translucent, about 5 minutes.

	Nutrition Facts
	Serve immediately.Like this:Like Loading
	Garnish with toasted pumpkin seeds.
	soup bowls.
	and white pepper if needed. Bring the soup back to a gentle simmer. Divide the soup into 8
	pepper. Use an immersion blender to purée the soup until very smooth. Season with more salt
П	Remove the sachet from the soup and season it with 1 teaspoon salt and ¼ teaspoon white
	Simmer, stirring occasionally 10 more minutes.
	occasionally, for 10 minutes. Scrape the cooled squash from the skins, adding it to the pot.
	Add the vegetable stock and sachet, bring to a boil, and reduce the heat to a simmer, stirring

PROTEIN 0.38% FAT 82.65% CARBS 16.97%

Properties

Glycemic Index:10.88, Glycemic Load:1.36, Inflammation Score:-4, Nutrition Score:1.1191304445915%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg

Nutrients (% of daily need)

Calories: 75.16kcal (3.76%), Fat: 7.06g (10.87%), Saturated Fat: 0.97g (6.07%), Carbohydrates: 3.26g (1.09%), Net Carbohydrates: 3.17g (1.15%), Sugar: 2g (2.23%), Cholesterol: Omg (0%), Sodium: 1813.28mg (78.84%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 0.07g (0.15%), Vitamin A: 526.8IU (10.54%), Vitamin E: 1.04mg (6.9%), Vitamin K: 4.29µg (4.09%), Iron: 0.19mg (1.08%)