

Italian Pumpkin Soup

Servings: 8

Yield: 1 1/2

*1 2 pound sugar pumpkin or
butternut squash*

1/3 cup olive oil, divided

2 Tablespoons butter

1 large onion, finely diced

6 cups vegetable broth, divided

1/2 cup heavy cream

*1/3 cup amaretto, such as
Desaronno*

*1/3 cup amaretti cookies, without
sugar on top, crushed*

Preheat oven to 450. Line a baking sheet with foil, coat with olive oil and reserve.

Peel the pumpkin or squash, cut in half, remove the seeds and chop into 1 inch pieces. Spread in a single layer on the reserved baking sheet and roast for 10 - 20 minutes, stirring once or twice. Remove from oven when almost tender.

Meanwhile, heat the butter in a large pot over medium heat. Add the diced onion with a pinch of salt and saute, stirring often until wilted, about 7 - 10 minutes.

Add pumpkin and 4 cups of the vegetable broth to the onion mixture. Simmer over medium heat until the pumpkin is entirely soft, 15 - 20 minutes.

Reduce heat to low and add the remaining ingredients. Stir, remove from heat and cool for 10 minutes.

Puree soup using an immersion blender. Taste for seasonings, adding salt and pepper if needed. If too thick, slowly add additional broth.

Serve.

*Soup can be prepared one day in advance and slowly reheated, stirring often, the next day. This soup can also be frozen.

Adapted from "The 150 Best American Recipes".

Per Serving (excluding unknown items): 283 Calories; 20g Fat (63.4% calories from fat); 5g Protein; 21g Carbohydrate; 3g Dietary Fiber; 30mg Cholesterol; 1255mg Sodium. Exchanges: 1 1/2 Grain(Starch); 0 Vegetable; 0 Non-Fat Milk; 4 Fat.