



<https://www.thekitchn.com/easy-pumpkin-soup-261960>

# How To Make Pumpkin Soup in 20 Minutes

## YIELD

Serves 4

## PREP TIME

5 minutes

## COOK TIME

20 minutes

## INGREDIENTS

- 2 tablespoons olive oil
- 1 medium yellow onion, very finely chopped
- 3 cloves garlic, grated
- 1 (15-ounce) can pumpkin purée (about 2 cups)
- 2 tablespoons fresh thyme leaves, plus more for serving
- 3/4 teaspoon kosher salt
- 1/2 teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 1/8 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper
- 2 cups low-sodium vegetable broth
- 2 tablespoons maple syrup
- 2 tablespoons heavy cream
- Toasted pumpkin seeds and flaky sea salt, for serving (optional)

## EQUIPMENT

- Microplane
- Chef's knife and cutting board
- Medium saucepan

## INSTRUCTIONS

- 1 Cook the aromatics.** Heat the olive oil in a medium saucepan over medium heat until shimmering. Add the onion and garlic and cook until fragrant, 3 to 4 minutes.
- 2 Add the pumpkin and spices.** Add the pumpkin purée, thyme, salt, cumin, black pepper, ginger, and cayenne pepper. Cook over medium-low until steaming and fragrant, about 5 minutes.
- 3 Add the vegetable broth.** Add the vegetable broth and cook for 3 to 4 minutes, stirring constantly. (The mixture will bubble.)
- 4 Add the maple syrup and cream.** Remove from heat and stir in the maple syrup and heavy cream. (At this point, for a creamier soup, you can use an immersion blender or transfer to a blender to purée until it reaches your desired consistency.)
- 5 Garnish and serve.** Serve warm, garnished with the pumpkin seeds, flaky salt, fresh thyme leaves, and more black pepper.

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## RECIPE NOTES

**Storage:** Leftovers can be refrigerated for up to 5 days or frozen for up to 2 months.

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