

Silk Road Pumpkin Soup

Kabocha squash is one of my favorite squashes to work with. It really doesn't get its due, especially when compared to its famous cousin, butternut squash. Kabocha isn't as sweet as butternut, but has what I think of as a lovely, nutty taste. It also smells like heaven when it's roasting. Paired with parsnips, this soup is a fiber powerhouse, proving again that fiber-rich foods are far from tasteless.

4 tablespoons olive oil, divided
Sea salt
¼ teaspoon ground allspice
½ teaspoon ground cinnamon
½ teaspoon ground cardamom
2½ pounds kabocha squash, quartered and seeded
1 yellow onion, diced
2 parsnips, diced small
2 cloves garlic, minced
1 tablespoon minced fresh ginger
6 cups Magic Mineral Broth or store-bought broth
2 teaspoons freshly squeezed lemon juice

Preheat the oven to 400°F and line a baking sheet with parchment paper.

In a small bowl combine 2 tablespoons of the olive oil, ¼ teaspoon salt, the allspice, ¼ teaspoon of the cinnamon, and ¼ teaspoon of the cardamom. Rub the spice mixture into the cut sides of the squash using your hands or a pastry brush. Place the seasoned squash on the prepared baking sheet and roast for 30 minutes or until tender when pierced with a knife.

While the squash is roasting heat the remaining 2 tablespoons of olive oil in a soup pot over medium-high heat, then add the onion, parsnips, and ¼ teaspoon salt and sauté until golden and translucent, about 6 minutes. Add the remaining ¼ teaspoon of cinnamon, the remaining ¼ teaspoon of cardamom, the garlic, and ginger; sauté until fragrant, about 30 seconds more. Pour 1 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the bottom. Remove from heat and set aside. When the squash has cooled to the touch, scoop the insides into the pot with the vegetable mixture.

Pour one-third of the broth and one-third of the vegetables into a blender and blend until smooth, adding more liquid as needed. Transfer to a soup pot over low heat and repeat the process two more times. Stir in any remaining broth, along with a ½ teaspoon salt and the lemon juice. Taste; you may need another spritz of lemon juice or a pinch of salt.

Serve or store in an airtight container in the refrigerator for up to 5 days or in the freezer for up to 3 months.

Culinary Pearls

- Pumpkin or butternut squash also work well in this recipe. Winter squash are rich in vitamin A. It's best to obtain vitamin A through your diet, not supplements. Why? Because it's a *fat soluble vitamin*, meaning that it's best absorbed along with some healthy fat, such as olive oil, coconut oil, coconut milk, or ghee.
- To change up the flavor, try curry spices:
 - Swap the allspice and cardamom for 2 teaspoons turmeric and 2 teaspoons ground cumin.
 - Swap out 2 cups broth for 1 (15-ounce) can coconut milk.
 - Swap the lemon juice with 2 teaspoons freshly squeezed lime juice.
- It doesn't have to be a blended soup! Try [Cozy Lentil Soup with Delicata Squash](#).