

Pumpkin Tomato Autumn Soup

Warm, nourishing and full of fall flavor!

This creamy, comforting soup brings together the natural sweetness of pumpkin and the bright, tangy flavor of tomatoes. It's easy to make, full of wholesome ingredients, and perfect for cozy autumn days. Enjoy it as a light lunch or a satisfying dinner with a slice of your favorite whole-grain bread.



Good food warms the heart and brightens the season.



Prep Time
10 mins



Cook Time
25 mins



Total Time
35 mins



Servings
6



Yield
10 cups

Ingredients

- 1 tablespoon olive oil, plus more for garnish
- 1 medium red onion, diced
- 4 cloves garlic, minced
- 1 teaspoon dried oregano
- 1/2 teaspoon salt, plus more to taste
- 2 tablespoons tomato paste
- 4 to 5 cups vegetable broth
- 1 (28-ounce) can whole peeled tomatoes, undrained
- 1 (15-ounce) can unsweetened pumpkin purée
- 1/2 cup heavy cream
- 1/2 teaspoon freshly ground black pepper, plus more to taste
- Chopped fresh parsley, for garnish, optional

Directions

- 1 Cook the onions and seasonings:**
In a large, heavy-bottomed pot or Dutch oven, heat the olive oil over medium heat. Add the onions, garlic, oregano, and a pinch of salt. Cook, stirring occasionally, until the onions are soft and lightly golden, 6 to 8 minutes. Stir in the tomato paste and cook for 2 to 3 minutes, stirring constantly, until it darkens and becomes fragrant.
- 2 Add the broth, tomatoes, and pumpkin:**
Stir in 4 cups of the vegetable broth, the tomatoes, and the pumpkin purée. Increase the heat to high and bring to a boil. Once boiling, reduce the heat to medium-low, cover, and simmer for 15 minutes.
- 3 Purée the soup:**
Take the soup off the heat and carefully purée the mixture until smooth using an immersion blender. For an even smoother texture, pass the blended soup through a fine-mesh strainer. Or, for a more rustic, chunky texture, you can skip blending.
- 4 Add the cream and season:**
If you like your soup thinner, add up to 1 more cup of vegetable broth or water and reheat the soup on the stovetop until warmed through. Add the cream, salt, and pepper. Taste and adjust the seasoning if needed. Serve with a sprinkle of parsley, if using, and a drizzle of olive oil over each bowl. Leftovers can be stored in airtight containers in the fridge for up to 1 week or in the freezer for up to 1 month.

Ingredient Notes



The pumpkin:

I use canned, organic pumpkin purée, but homemade pumpkin purée works well too. The recipe uses up a whole can, so you won't have any extra hanging out in the fridge.



The broth:

If you have the time, homemade vegetable broth will give you the best flavor for the soup, but you can of course use store-bought veggie broth or diluted stock concentrate instead.



The tomatoes:

I love using canned whole tomatoes here as they have the perfect sweet-and-sour flavor, but you can use canned diced tomatoes as well.



The cream:

You can make this soup vegan by substituting the cream with any dairy-free heavy cream substitute. I would recommend a brand with a subtle flavor so it does not affect the overall taste of the soup.

Nutrition Facts (per serving)

161	10g	17g	3g
Calories	Fat	Carbs	Protein

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