

Pumpkin Soup with Ginger

Creamy pumpkin ginger soup recipe with fresh herbs. Ready in 55 minutes with warming spices, perfect for fall and winter comfort food.

15 min

PREP

40 min

COOK

55 min

TOTAL

8

SERVINGS

Medium

DIFFICULTY

Pumpkin Soup with Ginger

Ingredients

- 2.2 lb pumpkin
- 1 onion
- 3.2 oz fresh root ginger
- 2 sprig mint
- 4 sprig scallion
- 4 cup vegetable broth
- 6.8 oz heavy cream
- 0.5 tsp chili flakes
- 1 lemon
- 1 tsp salt
- 1 tsp black pepper

Instructions

- 1 Prepare the vegetables**

Peel the 2.2 lb pumpkin and cut into 1-inch cubes. Dice 1 onion. Peel and finely grate 3.2 oz fresh ginger using a microplane grater.
- 2 Sauté the aromatics**

Heat 6.8 oz olive oil in a large heavy-bottomed pot over medium heat (160°C/320°F). Add the diced onion and cook for 4-5 minutes, stirring occasionally, until softened and translucent.
- 3** Add the grated ginger and cook for 30 seconds, stirring constantly, until fragrant. Add the cubed pumpkin and stir to coat with the oil mixture.
- 4 Simmer the soup**

Pour in 4 cups vegetable broth and add 2 sprigs fresh thyme and 4 sprigs fresh mint. Bring to a boil over high heat, then reduce heat to medium-low and simmer for 25-30 minutes until the pumpkin is very tender and easily pierced with a fork.
- 5** Remove and discard the herb sprigs. Season with 0.5 tsp salt and 1 tsp black pepper.
- 6 Blend and finish**

Using an immersion blender, blend the soup directly in the pot until completely smooth and creamy, about 2-3 minutes. Alternatively, transfer to a regular blender in batches and blend until smooth.

- 7 Return the soup to medium-low heat and simmer for 2-3 minutes to heat through. Taste and adjust seasoning with additional salt and pepper as needed.
- 8 Ladle the hot soup into bowls and serve immediately. Garnish with a drizzle of olive oil or a dollop of cream if desired.

Tips

Choose sugar pumpkins or pie pumpkins for the sweetest flavor and best texture, avoiding large carving pumpkins which tend to be watery.

Roast the pumpkin in the oven before adding to the soup for deeper, caramelized flavors that enhance the overall taste profile.

Use fresh ginger and grate it finely to distribute the flavor evenly throughout the soup without leaving fibrous pieces.

Heat the cream gently and add it at the end of cooking to prevent curdling and maintain the soup's silky texture.

Taste and adjust seasoning after blending, as pumpkin can vary in natural sweetness and may require additional salt or spices.

Blend the soup in batches if using a regular blender, or use an immersion blender directly in the pot for convenience and safety.

Garnish just before serving with fresh herbs, cream swirls, or toasted pumpkin seeds to add visual appeal and textural contrast.

Let the soup cool completely before storing to prevent condensation buildup in containers and maintain optimal texture when reheating.