Roasted Pumpkin & Apple Soup

12 Servings
30 minute prep time
70 minutes total time

INGREDIENTS
4 pounds of pie pumpkin or butternut squash, peeled, seeded and cut into chunks
4 large sweet-tart apples (e.g. empire, cameo or brae burn) unpeeled, cored and cut into eighths
1/4 Cup extra-virgin olive oil
1 1/4 teaspoons salt
1/4 teaspoon freshly ground pepper
1 tablespoon chopped fresh sage
6 cups chicken or vegetable broth
1/3 cut chopped hazelnuts, toasted
2 tablespoons hazelnut oil

DIRECTIONS
1. Preheat oven to 450 degrees F.

2. Toss pumpkin (or squash), apples, olive oil, 1 teaspoon salt and pepper into a large bowl. Spread evenly on a large rimmed baking sheet. Roast, stirring once, for 30 minutes. Stir in sage and continue roasting until very tender and starting to brown, 15 to 20 minutes more.

3. Transfer about one-third of the pumpkin (or squash) and apples into a blender along with 2 cups of broth. Puree until smooth. Transfer to a dutch oven and repeat for two more batches. Season with the remaining 1/4 teaspoon salt and heat through over a medium-low heat, stirring constantly to prevent splattering, for about 6 minutes. Serve each portion topped with hazelnuts and a drizzle of hazelnut oil.

Pumpkin is packed with vitamins and minerals that can boost your immune system, including vitamin A. It is also relatively low in calories.

Pumpkin also contains a variety of nutrients that can improve heart health, such as potassium, vitamin C and fiber.

Sources
http://www.eatingwell.com/recipe/252473/roasted-pumpkin-apple-soup/
https://www.healthline.com/nutrition/pumpkin#section7