

Keto Roasted Pumpkin Soup

Description

Very hearty and savory soup.

Prep time: Ten minutes

Total time: One hour thirty minutes

Servings: 8

Ingredients

- 1/4 medium pumpkin with seeds removed (1.65 lb.)
- 1 cauliflower (1.65 lb.)
- 1 medium red onion, sliced into wedges (2.1 oz)
- 1 clove of garlic, sliced
- 4 tablespoons of extra virgin olive oil (2 Fl oz)
- 4 cups of vegetable stock (about 1 L)

Instructions

1. First, preheat the oven to 400 degrees F. Then peel and chop the pumpkin into chunks. Next, peel and slice the garlic. Place the ingredients on a lined baking tray. Drizzle some olive oil on the mixture and place in the oven and let it bake for about forty-five minutes.
2. Chop the cauliflower into florets. Place in water and cook over medium heat until soft. Drain and set the cauliflower aside.
3. When the pumpkin is cooked, remove the tray from the oven and make some space in the middle of the tray. Place the cauliflower in the space and drizzle with the rest of the olive oil. Return the tray to the oven and bake for an extra thirty minutes.
4. When cooked, pour the vegetables into a saucepan, and add in the broth. Cook until it boils and then remove from heat. Blend the vegetables using a blender. Season and serve with pure cream.
5. It can be stored in the refrigerator for about a week.