

Treasure Barrel

Roasted Pumpkin and Tomato Soup

20 min Prep time	**45 min** Cook time	**1 h 5 min** Total time
6 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Roasted Vegetables

- [ ] 1 small sugar pumpkin (about 3 lbs), peeled, seeded, and cut into 1-inch chunks
- [ ] 1.5 lbs Roma tomatoes, halved
- [ ] 1 large yellow onion, quartered
- [ ] 4 cloves garlic, peeled
- [ ] 3 tablespoons olive oil
- [ ] 1 teaspoon salt
- [ ] ½ teaspoon black pepper

For the Soup

- [ ] 4 cups vegetable broth
- [ ] 2 teaspoons fresh thyme leaves
- [ ] 1 tablespoon maple syrup
- [ ] ½ teaspoon smoked paprika
- [ ] Salt and pepper to taste

Optional Garnishes

- [ ] Fresh thyme sprigs
- [ ] Pumpkin seeds
- [ ] Drizzle of olive oil
- [ ] Crusty bread for serving

Instructions

1. Preheat your oven to 400°F (200°C). Arrange the pumpkin chunks, tomato halves, onion quarters, and garlic cloves on a large baking sheet. Drizzle with olive oil and sprinkle with salt and pepper. Toss everything together until evenly coated.

2. Roast for 30-35 minutes, stirring halfway through, until the vegetables are tender and have caramelized spots. The pumpkin should be easily pierced with a fork, and the tomatoes should be slightly shriveled.

3. Transfer the roasted vegetables to a large pot. Add the vegetable broth, fresh thyme, maple syrup, and smoked paprika. Bring to a simmer over medium heat, then reduce heat to low and cook for 10 minutes to allow flavors to meld.

4. Using an immersion blender, carefully blend the soup until completely smooth. Alternatively, you can blend in batches in a regular blender (be careful with the hot liquid).

5. Taste and adjust seasoning with additional salt and pepper if needed. If the soup is too thick, add more broth or water until it reaches your desired consistency.

6 Serve hot, garnished with fresh thyme, pumpkin seeds, and a drizzle of olive oil. This soup pairs beautifully with crusty bread or even alongside something like a delightful strawberry cake for a complete autumn meal.

Nutrition per serving

145 kcal	3 g	20 g	7 g
Calories	Protein	Carbs	Fat

Tips & notes

- The soup will thicken as it cools, so you may need to add more liquid when reheating leftovers
- For a creamier version, stir in ½ cup of coconut milk after blending
- This soup freezes exceptionally well—perfect for meal prep