

The Best Kabocha Squash Soup, SOS Free



Plantrician approved recipe by Eydie Desser

Warm, comforting, and nutrient-packed, this Kabocha Squash Soup is a celebration of seasonal produce and whole food ingredients—without added salt, oil, or sugar (SOS free). Kabocha squash is rich in beta-carotene, a powerful antioxidant that supports immune health and healthy skin, while celery and onions add natural flavor and phytonutrients. Fenugreek, ginger, and garlic not only infuse the soup with warming spices but also offer anti-inflammatory and digestive benefits. Topped with crisp apple, toasted pumpkin seeds, and fresh chives, this vibrant soup is as nourishing as it is delicious.

Serves: 4-6 bowls

Ingredients:

For the Soup

- ½ medium yellow onion, peeled and diced (about ⅔ cup)
- 1 stalk celery, coarsely chopped (about ⅓ cup)
- 1 tablespoon fenugreek seeds, ground in a spice grinder
- 1 tablespoon peeled and grated ginger
- 1 garlic clove, peeled and minced
- ¼ teaspoon ground cloves
- 1 large kabocha squash (5 pounds), or 2 smaller ones (about 2-1/2 pounds each), peeled, seeded and diced into 2-inch pieces (see Cook's notes below)
- freshly ground black pepper, to taste
- 1 quart Earthy Vegetable Stock with Mushrooms

Garnishes for Serving

- 1 granny smith apple, peeled, seeded and diced very small (⅛" dice)
- ½ cup pumpkin seeds, toasted
- 1 tablespoon finely chopped chives

Directions:

Place a large (5-qt) heavy-bottomed pot over medium high heat for 1 minute. Add onions and celery to the dry, heated pot, and sauté until translucent, about 3 or 4 minutes. Add the ground fenugreek, ginger, garlic, and cloves and sauté for 1 minute more to toast the spices. Add a tablespoon or 2 of vegetable stock to help the spices meld with the onion/celery/spice mixture.

Add squash and stir to combine with the spices. Add stock and season lightly with pepper. Raise the heat to high and bring the stock to a boil, then cover, lower the heat and simmer until squash is tender, about 20 minutes.

Working in batches, place some of the solids and liquid in a high speed blender, filling the container no more than half full, and process until smooth. Pour soup into a large container, and continue adding more solids and more liquid to the blender, processing until smooth. Repeat if necessary.

Pour the blended soup back into the pot, and rewarm before serving.

To Serve

Ladle the soup into warmed wide, shallow bowls, or for an hors d'oeuvre, ladle into small cups or shooters. Garnish each serving with a scattering of apple, pumpkin seeds and chives. Enjoy!

Recipe Author

Eydie Desser is the founder of Garden of Eydie and a board member of The Plantrician Project. After reversing her high blood pressure through a whole food, plant-based, SOS-free lifestyle, she created Garden of Eydie to inspire others on their path to healing. Find more recipes at GardenofEydie.com.

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