

Fall Soup Recipes

Nikki Miller-Ka

Creamy Pumpkin Soup *Serves 4*

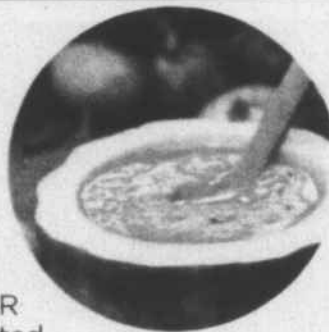
This tasty soup is easily interchangeable with vegetables like sweet potatoes, or squash like acorn or butternut.

- 3/4 cup finely grated Parmesan
- Olive oil, for drizzling
- 4 Tablespoons unsalted butter
- 1/2 cup finely chopped yellow onion
- 1/3 cup finely chopped carrot
- 1/3 cup finely chopped celery
- 4 teaspoons finely chopped fresh sage leaves
- 1 teaspoon ground cinnamon
- 3/4 teaspoon ground ginger
- 1/4 teaspoon nutmeg
- 2 1/2 teaspoons minced garlic
- 1 cup heavy cream
- 1/4 cup cornstarch

- 3 cups chicken broth
- 1 (15-ounce) can pumpkin puree OR 2 cups fresh, roasted pumpkin
- 1/3 cup firmly packed dark brown sugar
- 1 teaspoon salt
- 1/2 teaspoon freshly ground black pepper

In a medium saucepan, add the butter over medium heat, and cook until the butter starts to brown and foam, about 2 to 3 minutes. Stir in the onion, carrot, celery, sage, cinnamon, ginger and nutmeg, and cook until tender, stirring frequently. Add in the garlic and cook an additional minute.

Stir together the heavy cream and cornstarch in a liquid measuring cup, and pour it into the pot, along with the chicken broth, pumpkin puree,



brown sugar, salt and pepper. Bring to a boil over medium-low heat, stirring frequently. When the soup starts to thicken reduce the heat to low. Using an immersion blender, puree the soup until a smooth consistency is reached and simmer until ready to serve. Garnish each serving with Parmesan and a drizzle of olive oil.

Nikki Miller-Ka is an award-winning chef who writes about her life as a professional chef, foodie and everything culinary on her blog, Nik Snacks. Ms. Miller-Ka is a classically-trained chef with degrees from East Carolina University and Le Cordon Bleu-Miami. Formerly, she worked as a catering chef, a pastry chef, a butcher, a baker, and a biscuit-maker. Presently, she is a private chef, a food podcast host, and a tour guide for A Taste Carolina Gourmet Food Tours. She currently resides in Winston-Salem and a proud member of the International Association of Culinary Professionals, Winston-Salem Jaycees and Girl Scouts of the USA. For more information visit: niksnaonline.com, twitter.com/niksnaonline, tartandtangytriad.com

Roasted Tomato Soup *Serves 5*

This recipe uses late season tomatoes or canned tomatoes when fresh are not available. Simply substitute a 32-oz can of San Marzano-style tomatoes.

- 5 large tomatoes, cut in half
- 1 cup red onion, cut into 1/2-inch slices
- 1 jalapeno, cut in half lengthwise, seeded
- 1 red bell peppers, seeded, cut in half
- 2 carrots, peeled
- 6 whole garlic cloves
- Olive oil
- 1/4 teaspoon turmeric
- 1/2 teaspoon garlic powder
- 3/4 teaspoon salt
- freshly ground black pepper
- 1 cup vegetable broth
- 1/2 cup heavy cream (optional)

Preheat oven to 400°F. Arrange tomatoes, onion, jalapeno, red bell peppers, carrots and garlic cloves on baking sheet covered with aluminum foil. Drizzle olive oil all over, sprinkle with salt and pepper. Roast for a minimum of 20 minutes, no more than 45 minutes.

Add all vegetables, turmeric, garlic powder, salt, pepper, vegetable broth in a food processor or blender. Blend until all vegetables are pureed, with no big chunks. Slowly pour in heavy cream. Pass through a sieve or food mill to make the soup smooth. Taste and adjust seasoning.

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