

 COOKING SHOW #128 - PUMPKIN PALOOZA

# Darn Gourd Soup

## INGREDIENTS

- 1/2 head cauliflower, chopped into florets**
- 1 yellow onion, diced**
- 3 garlic cloves, minced**
- 1/4 teaspoon black pepper**
- 1 teaspoon ground cumin**
- 1/2 teaspoon ground coriander**
- 1/8 teaspoon ground nutmeg**
- 2-3 cups veggie broth**
- 1 15 oz. can pumpkin puree**
- 2 teaspoons date powder**
- 1 cup soy milk**

**toasted pepitas, to serve**

## METHOD

Add the cauliflower, onion, and garlic to a large stock pot or dutch oven. Sauté over medium-high heat for about 8 minutes or until tender, adding a little water or veggie broth as needed to keep from sticking.

Next, add the black pepper, cumin, coriander, and nutmeg to the pot and continue to sauté for a couple minutes.

Then add the veggie broth, pumpkin, and date powder. Mix everything well and bring the pot up to a boil then reduce to a simmer.

After about 5-10 minutes or once the cauliflower is as soft as you prefer, stir in the soy milk. Use an immersion blender to blend the soup to your desired consistency.

If the soup seems thick, just add some more veggie broth as desired.

To serve, top with toasted pepitas and enjoy!

### Chef's Notes

**If you do not have an immersion blender, use a standard blender to process some or all of the soup and return to the pot.**



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# Pumpkin Pasta

## INGREDIENTS

### Pumpkin Spice Tofu Crumble

- 1 14-16 oz. block firm tofu, drained
- 1/2 teaspoon garlic powder
- 1 teaspoon pumpkin pie spice
  
- 1 8 oz. box favorite pasta

### Pumpkin Sauce

- 1 15 oz. can pumpkin puree or 1 1/2 cups roasted pumpkin
- 2 cups hot water
- 1/4 cup raw cashews (optional)
- 1/4 cup nutritional yeast
- 1 teaspoon garlic powder
- 1/4 teaspoon sage
- 1/4 teaspoon dried thyme
- 1/4 teaspoon dried rosemary
- 1/8 teaspoon ground nutmeg
- 1/4 teaspoon black pepper

### Veggies

- 1 yellow onion, diced
- 1 head broccoli, chopped into florets
- 1 handful fresh spinach, chopped

### Pumpkin Pie Spice Blend

- 3 tablespoons ground cinnamon
- 2 teaspoons ground ginger
- 2 teaspoons ground nutmeg
- 1 teaspoon ground allspice
- 1 teaspoon ground cloves

### Chef's Notes

Take this up a notch by adding pasta and sauce to a casserole dish. Top with breadcrumbs and bake for about 20 minutes at 400°F.

## METHOD

To prepare the Tofu Crumble, squeeze the tofu through your fingers into a large mixing bowl to crumble. Add the garlic powder and pumpkin pie spice and stir well. Spread the tofu into an even layer on a parchment-lined baking sheet and bake at 400°F for 20-25 minutes. Allow to cool then chop into small pieces.

Prepare the pasta according to the package directions and set aside.

Meanwhile, to prepare the Pumpkin Sauce, add all of the ingredients to a high-speed blender and blend until smooth. Set aside.

To prepare the veggies, add the onion and broccoli to a medium saucepan. Sauté over medium-high heat for about 5 minutes, adding a little water or veggie broth as needed to keep from sticking. Stir in the spinach to wilt.

Next, add the Pumpkin Sauce to the pot along with the pasta and mix well.

Serve with a sprinkle of Tofu Crumble and enjoy!



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# Chunky Pumpkin Chili

## INGREDIENTS

- 1 lb. pie pumpkin or 15 oz. can pumpkin puree
- 1 red onion, diced
- 1 red bell pepper, diced
- 1 green bell pepper, diced
- 4 garlic cloves, minced
- 1 jalapeño, diced
- 2 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 teaspoon ground cinnamon
- 1 15 oz. can crushed tomatoes
- 1 15 oz. can kidney beans, drained and rinsed
- 1 15 oz. can white beans, drained and rinsed
- 2 cups veggie broth
- 1 handful fresh cilantro, chopped

## METHOD

If using a pie pumpkin, preheat the oven to 350°F.

Remove the top off the pumpkin, cut in half, and remove the guts and seeds. Cube the pumpkin and cut the skin off. Place the pumpkin cubes on a parchment-lined baking sheet and bake for 20-25 minutes.

Add about half of the roasted pumpkin to a high speed blender along with just enough veggie broth or water to blend until smooth.

Add the onion, bell peppers, garlic, and jalapeño to a large dutch oven or soup pot and sauté for 5 minutes over medium-high heat, adding veggie broth or water as needed to keep from sticking.

Next, add the chili powder, cumin, and cinnamon. Continue to sauté for a couple more minutes.

Then add the tomatoes, beans, veggie broth, pumpkin puree and cubed roasted pumpkin. Stir everything together and bring back to a simmer. Allow the flavors to cook together for a few minutes.

Stir in the cilantro, serve, and enjoy!

### Chef's Notes

For a less spicy version, omit the jalapeño and use a mild chili powder or paprika.

