

Slow Cooker Pumpkin Soup

Prep: 10 minutes • Cook: 3 hours 5 minutes

Silky-smooth pumpkin soup made easy in the slow cooker, layered with savory aromatics and poultry seasoning, and finished with a lush splash of cream. Comforting, veggie-packed, and weeknight-friendly.

Ingredients

- 3 tablespoons butter (divided use)
- 2 cups yellow onion (chopped)
- 3 cloves garlic (minced)
- 1 (15 oz/425 g) can pumpkin puree (not pumpkin pie puree)
- 1 lb butternut squash (chopped; fresh or frozen)
- 3 cups vegan chicken broth (or vegetable broth)
- 1 teaspoon poultry seasoning
- 1 teaspoon fine sea salt
- 1/2 teaspoon black pepper
- 1/3 cup whipping cream (more to taste)

Instructions

1. Melt 1 tablespoon butter in a large skillet (or in the slow cooker if it has a sauté function) over medium heat.
2. Sauté the chopped yellow onion until golden at the edges, 4 to 6 minutes.
3. Add minced garlic and sauté for 1 minute until fragrant.
4. If sautéing in a skillet, transfer the onion and garlic to the slow cooker.
5. Add remaining 2 tablespoons butter, pumpkin puree, butternut squash, broth, poultry seasoning, fine sea salt, and black pepper; stir to combine.
6. Cover and cook on low for 6 to 8 hours or on high for 3 to 4 hours.
7. Blend the soup until smooth using an immersion blender, or carefully blend in batches in a countertop blender.
8. Stir in the whipping cream. Taste and adjust salt and cream to preference.
9. Ladle into bowls and garnish as desired.

Tags: Soup, Slow Cooker, Pumpkin, Fall, Weeknight Friendly, Gluten Free

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