



Pumpkin Soup

Ingredients

- ¼ cup of MASECA® corn masa flour
- 2 tablespoons olive oil or butter
- ½ medium onion, finely chopped
- 2 cloves garlic, minced
- ¼ teaspoon of ground cumin
- ¼ teaspoon of ground cinnamon
- 1 ¼ teaspoon of smoked paprika
- 3 cups of pumpkin purée (fresh roasted or canned)
- 4 cups of vegetable or chicken broth
- 1 cup of milk
- 2 teaspoons of salt (or to taste)
- ½ teaspoon of black pepper (or to taste)
- 1 tablespoon of maple syrup
- heavy cream for serving
- toasted pumpkin seeds, for garnish

Preparation

1. In a large pot, heat olive oil or butter over medium heat. Add onion and sauté for 3–4 minutes, until translucent. Add garlic, cumin, cinnamon, and smoked paprika, and cook for another minute until fragrant.
2. Stir in the pumpkin purée and pour in the broth. Whisk to combine, breaking up any lumps. Bring to a gentle simmer.
3. In a small bowl, whisk MASECA® with ¾ cup of warm water until smooth (this prevents clumps). Slowly pour MASECA® mixture into the simmering soup, stirring constantly. Cook for 8–10 minutes, until the soup thickens and takes on a slightly earthy aroma.
4. Stir in the milk and maple syrup. Season with salt and black pepper. Simmer for another 5 minutes, stirring occasionally, until creamy and smooth.

5. For an extra silky texture, blend the soup using an immersion blender or in batches in a regular blender. Return to the pot and reheat if needed.
6. Ladle into bowls and top with a drizzle of crema and toasted pepitas.

Cooking tips:

- Add a roasted jalapeño or chipotle in adobo before blending for smoky heat.

Serves 4-6