

GRANNY PLANTS

Savory Pumpkin & Sage Soup

for the pumpkin lovers who skip dessert

*Brown butter, crispy sage, and real pumpkin — no sugar required. Serves 4-6.
About 45 minutes, mostly hands-off simmering.*

You'll need:

- 4 tbsp unsalted butter
- 10-12 fresh sage leaves
- 1 medium onion, diced
- 3 garlic cloves, minced
- 3 cups pumpkin puree (fresh-cooked or canned)
- 3 cups chicken or vegetable broth
- 1/2 cup heavy cream (optional, for a silkier finish)
- 1/4 tsp ground nutmeg
- Salt and black pepper to taste
- Optional: a splash of apple cider vinegar to brighten it at the end

Good to know:

*This is a savory pumpkin recipe through and through — no brown sugar, no cinnamon.
If you cook your own pumpkin, a sugar or pie pumpkin works best (not a carving one).*

How to make it

1. Brown the butter and crisp the sage.

In a large pot over medium heat, melt the butter. Add the sage leaves and cook 2-3 minutes, swirling the pot, until the butter turns golden-brown and smells nutty and the sage is crisp. Remove the sage leaves with a slotted spoon and set aside on a paper towel — save a few whole for garnish, crumble the rest.

2. Build the base.

In the same brown butter, add the onion and cook 4-5 minutes until soft. Stir in the garlic and cook 1 minute more.

3. Add pumpkin and broth.

Stir in the pumpkin puree until combined with the onions, then pour in the broth. Add the nutmeg. Bring to a gentle simmer.

4. Simmer.

Reduce heat and simmer uncovered for 15-20 minutes, stirring occasionally, to let the flavors deepen.

5. Blend if you like it smooth.

For a silky soup, blend with an immersion blender right in the pot, or carefully in batches in a stand blender. Skip this step entirely if you prefer a more rustic, textured soup.

6. Finish and season.

Stir in the cream if using. Season with salt and pepper to taste, and add a small splash of apple cider vinegar if the soup wants brightening.

7. Serve.

Ladle into bowls and top with the crumbled crispy sage and a whole leaf or two. A drizzle of extra brown butter on top never hurt anyone.

Granny's notes:

Crumbled bacon or toasted pumpkin seeds on top take this from soup to showpiece.

Freezes well for up to 3 months — add the cream fresh when you reheat, not before freezing.

A crusty loaf of bread is the only side dish this needs.