

Pumpkin Carrot Bisque

Courtesy of Chef Chris Holbrook



Chef Chris Holbrook and his team from Salt Lake Culinary Education will be among the 20 restaurants at the 2026 Art & Soup Charity Event, March 11-12 at Mountain America Expo Center in Sandy. For tickets and info, visit cns-cares.org/art-and-soup

INGREDIENTS

- 2 tablespoons pure olive oil
- 1 onion, diced
- 20 oz pumpkin, cooked, fresh, or canned
- 2 cups carrots, chopped
- 1 apple, peeled and diced
- 1/4 cup water
- 3 cups vegetable broth
- 1 1/2 tablespoons curry powder
- 1/2 cup yogurt, heavy cream, or coconut milk (roughly 10% fat)
- Salt and pepper to taste
- 1/2 lemon, juiced

For garnish:

- 1/4 cup pumpkin seeds
- Yogurt, heavy cream, or coconut cream

DIRECTIONS

Add the oil to a large pot and put on medium heat. Add onions. Sauté onion until translucent. Add carrots and cook until lightly browned. Add pumpkin and apples, stir until mixed with other vegetables.

Stir in curry powder for 45 seconds to bloom spices.

Add the vegetable broth. Simmer for 15 minutes, then add yogurt, cream, or coconut milk. Simmer until all vegetables are soft and cooked through, about 15 more minutes.

Use a masher or hand blender to thicken soup. Add a pinch of salt and pepper and lemon juice.

Ladle into serving bowls. Top with pumpkin seeds and a drizzle of yogurt, cream, or coconut cream.

