

Homemade Pumpkin Puree



Place pumpkin pieces on a baking sheet (face up or face down; I've done both) and roast in a 350° oven for 45 minutes, or until pumpkin is fork-tender.



This is what it looks like when it's done—just nice and light golden brown. (FYI, I don't drizzle the pumpkin with olive oil before baking, because I want the puree to be in its purest form.)



Here's what happens to the skin.

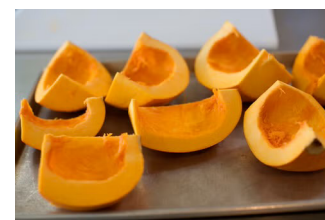


Sometimes, I use a knife and scrape the "meat" from the skin as I peel it back.

I don't want to sacrifice any of that delicious orange goodness. My eyes. They need it.



Until you have a big pile of the stuff. And if you think I didn't break off a chunk of this stuff and pop it right into my mouth, you're sorely mistaken.



Directions

- 1 | Select a couple of small sized pumpkins. Cut the pumpkin in half. Using a spoon or a scoop, scrape out the seeds and pulp from the center. You don't have to be too thorough with this.
- 2 | Reserve all of the seeds in a separate bowl. Repeat until all the pumpkin pieces are largely free of seeds and pulp.
- 3 | Place the pumpkin pieces on a baking sheet (face up or face down; I've done both) and roast in a 350°F oven until the pumpkin is fork-tender, 45 minutes. They should be nice and light golden brown when done.
- 4 | Peel off the skin from the pumpkin pieces until you have a big pile of the stuff. If you have a food processor, throw in a few chunks at a time. A blender will work, too, if you add a little water. Or you can simply mash it up with a potato masher, or move it through a potato ricer, or process it through a food mill.
- 5 | Pulse the pumpkin until smooth. If it looks too dry, add in a few tablespoons of water during the pulsing to give it the needed moisture. (Note, if the puree is overly watery, you should strain it over cheesecloth or a fine mesh strainer to get rid of some of the liquid.)
- 6 | Dump the pureed goodness into a bowl, and continue pureeing until all the pumpkin is done.
- 7 | You can either use this immediately in whatever pumpkin recipe you'd like or store it in the freezer for later use.
- 8 | To store in the freezer, spoon about 1 cupful of pumpkin into each plastic storage bag. Seal the bag with just a tiny bit of an opening remaining, then use your hands to flatten out the pumpkin inside the bag and push out the air. Store them in the freezer until you need them.

Nutrition Information

Per Serving (Serves 6)

Calories	4
Fat	0 g
Saturated fat	0 g
Trans fat	0 g
Cholesterol	0 mg
Sodium	0 mg
Carbohydrates	1 g
Fiber	0 g
Sugar	0 g
Protein	0 g
Vitamin D	0 mcg
Calcium	3 mg
Iron	0 mg
Potassium	53 mg

Note: The information shown is Edamam's estimate based on available ingredients and preparation. It should not be considered a substitute for a professional nutritionist's advice.

Or

