

# Calabaza Soup with Sour Cream and Pomegranate Seeds

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Serving: 6 | Difficulty: easy | Prep time: 1 hour  
By [Mercedes Golip](#)



## Ingredients:

3 cups roasted winter squash puree — use canned or fresh roasted puree  
1 cup roasted apple puree — use apple sauce or roasted apple  
2 cups of hot water  
Salt to taste  
¼ cup sour cream  
4 teaspoons pomegranate seeds

## Directions:

- Roast the winter squash and apples in pieces at 350F for 40 minutes. Remove the peel once roasted and rested.
- Combine and blend all the ingredients.
- Strain if necessary, take to a medium pot and simmer until the soup is hot, but don't let it boil.
- Serve topped with dots of sour cream, herbs for flavor and a pop of green and pomegranate seeds for a sour-sweet accent.