

Pumpkin Curry Soup

Chop:

1 medium onion

4 cloves garlic

8 oz mushrooms

1 Tbsp ginger root

Sauté on medium heat in a stockpot in 2-3 Tbsp Olive Oil.

Stir in 1 tsp curry powder (or more if you prefer)

Add to pot:

32 oz vegetable broth

2 cans of coconut milk

1 qt bag of tomato puree (or 28 oz can of crushed or chopped tomatoes)

4 cups pumpkin puree

Salt and Pepper to taste.

Allow to simmer for at least an hour. We found that the longer this soup sat the more the flavor developed—yum!

If using chunks of fresh cooked pumpkin/squash, add to pot and simmer briefly, then blend soup in batches or with a hand blender to desired consistency. I tend to like my soup with a bit more texture.

Option: Sprinkle toasted pumpkin seeds on soup when serving as well.