

CURRY PUMPKIN SOUP

Ingredients

2 tbsp butter or margarine
1 small yellow onion, minced
1 tbsp all-purpose flour
2 to 3 tsp curry powder
4 cups chicken or vegetable broth
2 to 2 and a half cups cooked pumpkin, mashed
1 tsp brown sugar
1/4 tsp salt
freshly ground black pepper
pinch grated nutmeg
1 cup milk (can replace with cream or coconut milk)
low-fat plain yoghurt (optional)
sweet chutney (optional)



Directions

Melt butter in large saucepan over medium high heat. Add onion and cook until soft, about 5 minutes. Mix in flour and curry powder. Cook until bubbly, about 2 minutes.

Remove from heat and gradually stir in stock. Add pumpkin, salt, brown sugar, pepper and nutmeg. Cook over medium heat, stirring until thickened. Use hand blender to blend smooth (optional). Add milk if wanted and cook until warmed, not boiled. Ladle into bowls and garnish with dollop of yoghurt and chutney if wanted.

If you want to freeze this, freeze without the milk.