



Curried Pumpkin Soup



For this recipe, I made four batches over the course of three weeks to get it perfected. The bonus: we look like we are sporting nice tans!

2 Tbsp. coconut oil or butter
1 onion, chopped
1 c. chopped carrots
2 large cloves garlic, minced
2 Tbsp. minced fresh ginger
3 tsp. curry powder (plus one more for if you like spice)
3 c. vegetable broth
4 c. pumpkin, cooked (I suggest real but you could also use 2 cans canned pumpkin)
1 can coconut milk
½ tsp. salt
1 Tbsp. of brown sugar
½ lemon, squeezed
Fresh ground pepper

Heat oil or butter in a large saucepan over medium heat until hot. Add onion, carrot, garlic, ginger, and curry powder. Cook until carrots are soft, 5 to 8 minutes.

Pour in broth and bring to a boil over high heat. Reduce heat to medium-low, cover, and simmer for 10 minutes. Stir in pumpkin, coconut milk, salt, and sugar, and lemon. Cook 2 minutes. Transfer to a blender or food processor and purée until very smooth.

Return to pan and heat through.

TIP: Add a dollop of yogurt or sour cream in the center of each bowl and scatter on some cilantro.

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