

PUMPKIN CURRY SOUP



You will need:

- 1 medium onion, chopped
- 2 medium leeks (white part only), chopped
- 1 clove garlic, chopped
- 1 15-ounce can of pumpkin puree
- 4 cups canned chicken stock
- 1 cup half and half
- 2 teaspoons curry powder
- 1/2 teaspoon cumin
- 1/4 teaspoon ground ginger
- 1/4 teaspoon cayenne pepper
- 1 bay leaf
- 2 tablespoons unsalted butter
- 2 tablespoons olive oil
- Salt and pepper
- Fresh cilantro

Cooking directions:

In a soup pot, melt butter together with oil until hot. Add onion, leeks and garlic, and sauté for 5 minutes. Add curry powder, cumin, ground ginger, cayenne pepper, and a dash of salt and pepper, and stir. Add pumpkin puree, chicken stock and bay leaf and stir to combine.

Simmer for 15–20 minutes. Remove mixture from stove and process with an immersion blender until smooth. Return pot to stovetop and add half and half.

Adjust seasonings, and simmer for another 5 minutes. Serve in bowls, and top with fresh cilantro.