

CURRIED PUMPKIN SOUP

- 1 tbsp. butter
- 2 cloves garlic, crushed
- 1/2 medium onion, finely chopped
- 1 1/2 tbsp. curry powder
- 1 tsp. ground cumin
- 1/2 tsp. cinnamon
- 1/8 tsp. cayenne pepper
- 2 C. chopped apples without skins
- 1 (15 oz.) can pumpkin puree
- 4 C. organic chicken or vegetable broth
- 1 C. water
- salt and pepper, to taste



Melt butter in a large saucepan over medium heat. Add onion, garlic, curry, cumin, cinnamon and cayenne; sauté, stirring often, until onion is translucent.

Stir in apples, pumpkin, broth and water. Bring to a boil, stirring occasionally. Reduce heat to low. Cover and simmer for 25 minutes, stirring occasionally.

Using an immersion blender or a food processor, puree soup.

Return soup to saucepan and heat on low.

Top with roasted pumpkin seeds or parsley.