

Spicy Pumpkin Soup

INGREDIENTS

4 Tbsp unsalted butter
2 medium yellow onions, chopped
2 teaspoons minced garlic
1/8 to 1/4 teaspoon crushed red pepper
2 teaspoons curry powder
1/2 teaspoon ground coriander
Pinch ground cayenne pepper (optional)
3 (15 oz) cans 100 percent pumpkin or 6 cups of chopped roasted pumpkin*
5 cups of chicken broth (or vegetable broth for vegetarian option)
2 cups of milk
1/2 cup brown sugar
1/2 cup heavy cream

METHOD

- 1** Melt butter in a 4-quart saucepan over medium-high heat. Add onions and garlic and cook, stirring often, until softened, about 4 minutes. Add spices and stir for a minute more.
- 2** Add pumpkin and 5 cups of chicken broth; blend well. Bring to a boil and reduce heat, simmer for 10 to 15 minutes.
- 3** Transfer soup, in batches, to a blender or food processor. Cover tightly and blend until smooth. Return soup to saucepan.
- 4** With the soup on low heat, add brown sugar and mix. Slowly add milk while stirring to incorporate. Add cream. Adjust seasonings to taste. If a little too spicy, add more cream to cool it down. You might want to add a teaspoon of salt.

Serve in individual bowls. Sprinkle the top of each with toasted pumpkin seeds.

Serves 8.

*To make pumpkin purée, cut a sugar pumpkin in half, scoop out the seeds and stringy stuff, lie face down on a tin-foil lined baking pan. Bake at 350°F until soft, about 45 min to an hour. Cool, scoop out the flesh. Freeze whatever you don't use for future use.

http://elise.com/recipes/archives/001439spicy_pumpkin_soup.php

Pumpkin Nutrition Facts

(1 cup cooked, boiled, drained, without salt)

Calories 49	Zinc 1 mg
Protein 2 grams	Selenium .50 mg
Carbohydrate 12 grams	Vitamin C 12 mg
Dietary Fiber 3 grams	Niacin 1 mg
Calcium 37 mg	Folate 21 mcg
Iron 1.4 mg	Vitamin A 2650 IU
Magnesium 22 mg	Vitamin E 3 mg
Potassium 564 mg	