

Curried Pumpkin Soup

Ingredients

- 3 tablespoons olive oil
- ½ onion, chopped
- Sea salt
- 1 teaspoon ground ginger
- 2 teaspoons curry powder (more or less to taste)
- 1 teaspoon ground cumin
- ½ teaspoon ground nutmeg
- 3 cloves garlic
- 1 rib celery, sliced
- 1 red potato cut in ½ inch dice
- 1 carrot cut in rounds
- 1 yam, diced
- 2 cups low-sodium chicken broth
- 1 can (15 oz.) pumpkin puree (or 2 cups pumpkin puree)
- 1/4 cup apple juice
- 1 cup unflavored, unsweetened soy milk
- Baby spinach leaves
- Raisins
- Fresh cilantro leaves, torn

How to's

An easy to make soup for chilly weather. The unflavored, unsweetened soy milk adds high quality plant protein, but add some diced cooked chicken if you like. Serve with whole grain bread and fresh pear slices.



1. Heat oil in a large pot over medium-high heat. Add the onion and a small pinch of sea salt. Sauté for 3 to 5 minutes. Add all spices and stir to coat the onions. Cook for 1 to 2 minutes. Add the garlic and other vegetables. Cook for 3 minutes. Add the chicken broth, bring to a boil, then reduce the heat and simmer for 15 minutes until vegetables are done.
2. Add the pumpkin and apple juice. Stir to combine. Bring back to a simmer for 10 minutes. Stir frequently. Add the soy milk and heat through, but do not boil.
3. Place spinach leaves in soup bowls and label hot soup over. Top with raisins and cilantro leaves.