



Curried Pumpkin Soup

Ingredients:

- 1/3 cup chopped onion
- 1 tsp minced garlic
- 1 tsp curry powder
- 2 Tbsp butter or margarine
- 1 cup pureed pumpkin
- 1/4 tsp nutmeg
- 1/8 tsp sugar
- 2 cups vegetable or chicken broth
- 1 1/2 cups milk
- 1 Tbsp cornstarch or arrow root or tapioca powder (thickening agent)
- Bay leaf
- Chopped chives (garnish)

Instructions

- In a large pan, cook onion, garlic and curry in the butter for a few minutes until onion is tender. Add pumpkin, nutmeg, sugar and the bay leaf.
- Reduce heat and simmer uncovered for about 15 minutes.
- Take out bay leaf. Stir in 1 cup of the milk and cook over low heat for a few minutes.
- In another bowl, stir together the remaining milk and the cornstarch until dissolved, then add it to the pan.
- Cook and stir until thick and bubbly for a few minutes. Makes 4-6 servings.