

Creamy Pumpkin Soup

Joan Haynes



Ingredients

2 teaspoons butter (or water)

1 cup chopped onion

3/4 teaspoon dried rubbed sage

1/2 teaspoon curry powder

1/4 teaspoon ground nutmeg

3 tablespoons all-purpose flour

32 ounce vegetable broth -preferably homemade

1 plum tomato (small) - cut up

3 cups cubed, peeled fresh pumpkin (about 1 pound)

1 cup chopped peeled apple (sweet, cooking)

Directions

Melt butter (or place water) in a Dutch oven over medium heat. Add onion and sauté 3 minutes.

Add sage, curry powder, and nutmeg; cook 30 seconds. Add broth and tomato, stirring well. Stir in apple and pumpkin; bring to a boil.

Cover, reduce heat, and simmer 25 minutes or until pumpkin is tender, stirring occasionally.

Remove from heat and cool slightly. (Can be put in fridge overnight and blended when cold.)

Place mixture in a blender or food processor; process until smooth. (May have to do small amounts at a time.)

Return mixture to Dutch oven and cook until thoroughly heated. Yields five, 1-cup servings.

Comments

The original recipe calls for chicken broth and evaporated skim milk. I was taking it to a Canticle Farm picnic. I realized that some people do not eat meat or any dairy, so I tweaked the recipe in consideration of them. It turned out so wonderful that I make it that way all the time. Dave and I were a little hesitant to try this pumpkin soup. It just didn't sound good. My sister gave me the recipe and said I had to try it. I trust her judgment. It is now one of our favorites.