

# Pumpkin Soup

Serves 6



## Ingredients:

- 2 Tablespoons olive oil
- 1 yellow onion, medium diced
- 2 stalks celery, medium diced
- 3 carrots, medium diced
- 3 cloves garlic, minced
- 1 Tablespoon fresh ginger, minced or 1 teaspoon ground ginger
- 1 medium potato, cut into ½-inch cubes
- 1 Tablespoon curry powder
- ¼ teaspoon cayenne
- 1 teaspoon salt
- 1 teaspoon black pepper
- 4 cups (1 – 32oz carton) low sodium vegetable broth
- 1 – 15oz can pumpkin puree

## To garnish:

- ½ cup plain yogurt
- ½ cup roasted pepitas

## Instructions:

1. Heat oil over medium low heat in a large pot and add onion, celery, and carrot. Cook, stirring frequently, until aromatic and softened, about 5 minutes.
2. Stir in the garlic, ginger, curry powder, cayenne, salt, and pepper and continue to cook for about 2 minutes before adding the potato. Cook for additional 2 minutes, stirring often.
3. Increase heat to high and add 2 cups of broth. Bring to a boil, reduce to simmer, and allow to cook for about 15 minutes or until potatoes are fork tender.
4. Remove pot from heat and, using an immersion blender, puree mixture until very smooth. This can also be done by carefully pouring soup into a regular blender and then returning to pot.
5. Add pumpkin and remaining broth to pot and simmer on low heat for about 10 minutes.
6. Taste and adjust seasoning as needed. Serve hot and garnish with 1 Tablespoon each pepitas and plain yogurt. Enjoy!