

CURRY PUMPKIN SOUP

(Adapted from "Better Homes & Gardens, Pumpkin Recipes")

Makes: 4 servings

2 Tbsp	butter
1 cup	onion, chopped
1/2 cup	carrot, chopped
1/2 cup	celery, chopped
1 tsp	curry powder
1 tsp	pumpkin pie spice
2 - 15 oz cans	100% pure pumpkin or homemade puree
2 - 14.5 oz cans	reduced-sodium chicken broth
1 cup	half-and-half
1/2 tsp	salt
1/4 tsp	black pepper
1 recipe	Orange Cranberry Topper *



1. In a 4-qt. Dutch oven melt butter over medium heat. Add onion, carrot and celery; cook 10 minutes or until softened, stirring occasionally. Add curry powder and pumpkin pie spice; cook and stir 1 minute. Stir in pumpkin, broth and $\frac{2}{3}$ cup water. Bring to boiling over medium-high. Reduce heat and simmer, covered, 15 minutes. Cool slightly.
2. Place pumpkin mixture, one-third at a time, in a food processor or blender. Cover and process or blend until smooth. Return all pumpkin mixture to Dutch oven. Stir in half-and-half, salt and pepper; heat through. Sprinkle servings with topping of choice.

Orange Cranberry Topper

In a small bowl combine $\frac{1}{2}$ cup dried cranberries, 2 Tbsp snipped fresh Italian parsley and 1 Tbsp orange zest.

** Note: You can also substitute sour cream, yogurt or croutons as a topping for soup.*