

# Pumpkin Curry Soup

## Ingredients

- 3 lb sugar pumpkin
- 1 Tbsp olive oil
- 1 medium onion, finely chopped
- 3 garlic cloves, mined
- 3 cups chicken broth
- 1 Tbsp curry powder
- 1 tsp chili powder
- Pinch of salt
- Pinch of black pepper

## Directions

1. Preheat oven to 350 °F.
2. Wash and dry pumpkin before halving. remove seeds and stringy innards. Brush the flesh with olive oil. Place the pumpkin on a cookie sheet, cut side down and roast for 45 minutes until fork tender. Remove and cool.
3. Separate the pumpkin flesh from the skin. Puree the flesh in a food processor until smooth.
4. . In a stock pot, sauté onion and garlic over medium heat. Stir in chicken broth, pumpkin, curry powder, chili powder, and pepper. Bring to a boil and reduce to a simmer, cook for another 10 minutes.

## Handling & Storage

Store pumpkins at room temperature up to a month or in a refrigerator up to 3 months. Wrap cut pumpkin in plastic and

refrigerate up to 5 days.

To prepare pumpkins, wash pumpkin and cut lengthwise. Remove and discard the seeds and excess fiber. Trim skin with a paring knife or peeler if desired. Cook as desired.

## Nutritional Information

**Calories:** 72

**Total Fat:** 2.7 g

**Saturated Fat:** 0.6 g

**Trans Fat:** 0.0 g

**Cholesterol:** 0 mg

**Sodium:** 315 mg

**Total Carbohydrates:** 10.1 g

**Dietary Fiber:** 3.3 g

**Sugars:** 3.9 g

**Protein:** 3.2 g

*Serves:* 8