



Simple Curry Pumpkin Soup



Ingredients:

- 3 TBLs olive oil
- 1 large onion, thinly sliced (or 1 TBL of McCormick Minced Onion)
- 4 garlic cloves, minced
- 2 TBLs minced ginger (or 1 tsp ground ginger)
- 1 mounded TBLS curry powder
- 1 tsp kosher salt
- ½ tsp black pepper
- 2-15-ounce cans pumpkin puree
- 3 cups vegetable stock
- 1 cup coconut milk
- 1 TBLS brown sugar
- ½ tsp ground cinnamon

Ingredients, Topping (optional):

- 1 cup roasted pumpkin seeds
- ¼ cup chopped fresh cilantro
- ¼ cup chopped fresh parsley
- 1 TBLS olive oil
- Pinch of turmeric
- Pinch of kosher salt

Method:

1. Heat the olive oil in a large, heavy-bottomed pot over a medium heat. When the oil is hot, add the onion, garlic and ginger and stir. Add the curry powder, salt and pepper and cook, stirring, until the vegetables begin to soften, 2 to 3 minutes.
2. Add the pumpkin puree, vegetable stock, coconut milk, brown sugar and cinnamon. Stirring, bring to a simmer and cook for 5 minutes, allowing all the flavors to come together.
3. Meanwhile, mix the pumpkin seeds, cilantro, parsley, olive oil, turmeric and salt together in a small bowl.
4. Serve the soup in bowls and garnish with the herby pumpkin seed topping.