

Pumpkin Curry Soup

1 or 2 small chopped onions

1-2 leeks, including green, chopped

2 Tbsp. butter or ghee

1 to 3 Tbsp. Curry Powder (according to taste)

2-1" cubes Vegetable bouillon dissolved in 2 C. hot water

Salt, to taste

2 cups pureed, PLAIN pumpkin, fresh or canned

(NOTE: If you use canned pumpkin, be sure no spices or sugar have been added)

3 to 4 Almond Milk or Coconut almond milk

Sauté leeks and onions in butter or ghee until soft. Add curry powder and simmer briefly. Add vegetable bouillon dissolved in water and continue simmering. Add pumpkin. Mix well and continue heating. Add almond milk or coconut almond milk and heat. Add more water (& spices) to thin, if you like. Puree soup in a blender, if desired to make a smooth texture. Garnish with parsley or green onions.

I generally increase this recipe and adjust my spices accordingly: use the maximum curry, that is, 3 Tbsp. curry; 2 medium-size chopped onions; 2 leeks, the large can of pumpkin (1 lb. 13 oz.); 3-4 cups of almond milk (according to desired thickness & taste).

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