

## CURRIED PUMPKIN SOUP

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serves 4 (or 6 small first course servings)

- 1 tablespoon olive oil
  - 1 cup each chopped onion and celery
  - 3 medium carrots, cut into 1-2 inch pieces (don't peel)
  - 1/2 cup chopped parsley, plus 2 tablespoons for garnish
  - 2 cloves of garlic, minced
  - 1/4 teaspoon kosher salt
  - 1/8 teaspoon freshly ground white pepper (more if your curry powder is mild)
  - 1 quart (4 cups, 32 ounces) low sodium chicken broth or stock
  - 15-ounce can pumpkin
  - 1/2 cup unsweetened apple sauce
  - 1 teaspoon curry powder, or more to taste
  - 1/2 teaspoon ground ginger, or more to taste
  - 3 tablespoons heavy cream for garnish
1. Heat olive oil in a 4-6 quart small stockpot over medium heat and add onions, celery, and carrots. Season with a bit of salt and pepper and cook five minutes or so until somewhat softened. Add parsley and garlic during last minute of cooking.
  2. Pour in chicken stock and stir in pumpkin and applesauce. Add curry and ginger. Stir well. Taste and adjust seasonings. Stir again.
  3. Bring to a boil and reduce heat. Simmer until the vegetables are quite tender.
  4. Puree using immersion blender in pot or pour soup into food processor or blender and puree in small batches. Whichever method you choose, be quite careful; the soup is hot. If using blender, hold down a doubled up dish towel over the lid to keep it tightly in place.
  5. Ladle soup into bowls, top with a sprig or two of parsley and drizzle with a bit of heavy cream to create an attractive pattern.