



# Curry Pumpkin Soup



Prep	Cook	Ready In
5 m	15 m	20 m

Recipe By: Mary Ingram

"This is a wonderfully soothing and savory soup - a perfect choice for a holiday party or dinner. Adjust the amount of curry and soy sauce for spiciness. Adjust the amount of half-and-half, or substitute heavy cream or milk for varying levels of creaminess. Also, you can add sauteed chopped sweet onions with the first three ingredients (this works best with a creamier version)."

## Ingredients

2 tablespoons pumpkin seeds (optional)	1 (29 ounce) can pumpkin
2 tablespoons butter	1 1/2 cups half-and-half cream
3 tablespoons all-purpose flour	2 tablespoons soy sauce
2 tablespoons curry powder	1 tablespoon white sugar
4 cups vegetable broth	salt and pepper to taste

## Directions

- 1 Preheat oven to 375 degrees F (190 degrees C). Arrange pumpkin seeds in a single layer on a baking sheet. Toast in preheated oven for about 10 minutes, or until seeds begin to brown.
- 2 Melt butter in a large pot over medium heat. Stir in flour and curry powder until smooth. Cook, stirring, until mixture begins to bubble. Gradually whisk in broth, and cook until thickened. Stir in pumpkin and half-and-half. Season with soy sauce, sugar, salt, and pepper.
- 3 Bring just to a boil, then remove from heat. Garnish with roasted pumpkin seeds.

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