

Pumpkin Soup

1 Tbsp. olive oil
1 cup leeks, washed and thinly sliced
(white and light green parts)
2 carrots, chopped
4 cups chicken stock
15-oz. can pumpkin purée (not pumpkin pie filling)
14-oz. can unsweetened coconut milk
2 tsp. curry powder
1 tsp. ground ginger
½ tsp. garlic powder
Salt and pepper
Sour cream for garnish
Fresh parsley or cilantro for garnish



1. In a large pot, heat oil over medium-high heat. Add leeks and carrots, and sauté until tender, about 5 to 8 minutes.
2. Add chicken stock, pumpkin purée, coconut milk, curry powder, ginger and garlic powder. Salt and pepper to taste. Bring to a boil. Then reduce heat and cover. Simmer for 20 minutes.
3. Carefully transfer half the mixture to a blender or food processor, and blend until smooth. (When blending hot food, be sure to create an opening for steam to escape and cover with a clean kitchen towel.)
4. Return puréed soup to the pot and stir to heat through.
5. Serve with a dollop of sour cream and a sprig of fresh parsley or cilantro.