

Curried Pumpkin Soup



Prep time:
10 min



Cook time:
30 min



Yield:
8 Servings



Serving
Size:
3/4 Cup

Ingredients

½ pound fresh mushrooms, sliced
½ cup chopped onion
2 tablespoons margarine
2 tablespoons all-purpose flour
1 teaspoon curry powder
3 cups vegetable broth (see notes)
1 can (15 ounces) solid-pack pumpkin
1 can (12 ounces) evaporated milk
1 tablespoon honey
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon ground nutmeg
fresh or frozen chives (optional)

Directions

1. In 4 quart (or larger) saucepan, sauté the mushrooms and onion in margarine until tender. Stir in the flour and curry powder until blended. Gradually add the broth.
2. Bring to a boil; cook and stir for 2 minutes or until thickened.
3. Add the pumpkin, milk, honey, salt, pepper, and nutmeg; heat through.
4. Garnish with chives if desired.
5. Refrigerate leftovers within 2 hours.

Notes

- Broth can be canned or made using bouillon. For each cup of broth use 1 cup very hot water and 1 teaspoon or 1 cube bouillon.
- Try substituting cooked winter squash or cooked pumpkin for canned pumpkin. Mash and measure out 2 cups for soup.
- Honey is not recommended for children under 1 year old.