
Curried Pumpkin Coconut Bisque

Yield: 6 Servings

Ingredients

1 tsp extra virgin olive oil or vegetable oil
1 medium onion (finely minced or pulsed in a processor)
2 Tbsp curry powder
2 tsp ground cumin
1/2 tsp ground cardamom
1/2 tsp ground turmeric
1 tsp granulated garlic
1 tsp garlic salt
14 oz unsweetened coconut milk
28 oz 100% pure pumpkin
14 oz crushed tomatoes
4 cup chicken or vegetable broth
2 Tbsp chives (fresh chopped or dried, optional)
1/2 cup fat free Greek yogurt (optional)

Cooking Time: 45 min

Instructions

Place a large soup pot on the stove over medium high heat; add the oil. Then add the onion and sauté for about three minutes. Be careful not to let it get too brown because a burnt flavor will permeate the soup. Add the curry powder, cumin, cardamom, turmeric, granulated garlic and garlic salt to the pot. Cook for an additional minute, constantly stirring. This helps release the essential oils in the spices.

Pour in the coconut milk, pumpkin, crushed tomatoes and chicken broth. Bring to a gentle simmer and cook for about 10 more minutes.

To serve, ladle into bowls and top with chives and yogurt, if desired.

Recipe brought to you by:

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