Pumpkin-Apple Soup

6-8 servings

A special soup for Hallowe'en or any cold day!



Ingredients:
3 tablespoons oil
2 cloves garlic, minced
1 large onion, diced
1 large apple, diced
1 tablespoon curry powder
2 cups pumpkin puree
4 cups chicken broth
1 cup milk (fresh or canned evaporated milk)
Salt and pepper to taste

Method:
Heat oil is a large pot. Saute garlic, onions and apple. Stir in curry powder and cook for 1 minute, stirring constantly.

Add pumpkin and broth, bring to a boil, stirring occasionally.

Reduce heat and simmer about 30 minutes.

Puree if desired. Add milk and reheat.

Season with salt and pepper to taste.

Enjoy!

Tips from insanelygoodrecipes.com:

How to Make Pumpkin Soup Creamier
While pumpkin soup tastes delightful enough as it is, there are those (like us) who want theirs to be extra creamy.

Stir in some additional cream at the end for a rich, creamy soup. You can also use coconut milk, maple syrup or butter to get a similar effect.

I personally love adding a bit of maple syrup as it gives it just the right amount of sweetness.

If you don't want to use cream or milk, try using yogurt instead. This is a fantastic alternative if you want to add a zesty flavor to your dish.

Stale bread also works well in making your pumpkin soup a lot creamier.

It's a simple trick, too: just soak a few pieces of bread into your mixture before you puree it. You'll end up with a rich, creamy dish and a filling one at that.

Incorporating a bit of cornstarch will also make your pumpkin soup thicker. Take a couple of scoops of the soup and place it in a bowl.

Mix in a few tablespoons of cornstarch and stir until it dissolves into the soup. Pour the soup back into the pot and let the cornstarch do its magic.