

Jim's Real Food Kitchen

A Plant Based Whole Foods Lifestyle



Creamy Pumpkin Soup

By Mary McDougall

Preparation Time: 5 minutes

Cooking Time: 10 minutes

Servings: 6

Ingredients

1/4 cup water
1 small onion, chopped
4 cups vegetable broth
16 ounce can solid pack pumpkin
1/2 cup unsweetened applesauce
2 teaspoons curry powder
Several dashes Tabasco sauce
1/2 cup non-dairy milk

Directions

- Place water and onion in a medium sauce pan.
- Cook, stirring occasionally, for 5 minutes until onion is soft.
- Add broth, pumpkin and applesauce.
- Stir to combine.
- Add seasonings.
- Cook over low heat, stirring occasionally, for 10 minutes.
- Stir in milk just before serving.

Hint:

This would be very attractive served in a small baked pumpkin. Cut top off of a pumpkin. Clean out seeds and strings (just like Halloween). Replace top. Place pumpkin in a pan with ½ inch of water. Bake at 350 degrees for 30 minutes. Serve the cooked soup in the baked pumpkin.

Success Tip:

Prepare this up to two days ahead without the non-dairy milk and refrigerate. Reheat in microwave or on stovetop. Add the non-dairy milk after the soup is heated through.

Source: <https://www.drmcDougall.com/education/information/holiday-meal-planning>.