



Cream of Pumpkin and Coconut

Serves four

3 cups of squash or pumpkin of your choice – peeled and sliced
2 small sweet potatoes – peeled
4 garlic cloves – peeled and smashed
4 – 2 inch pieces of ginger – peeled and smashed
3 green onion – white and light green parts
1 chili pepper – optional
1 TBS. coconut or olive oil + 1 tsp.
1 tsp. curry powder
1 tsp. cumin
4 cups of water
¼ tsp. ground coriander
¼ tsp. nutmeg
¼ tsp. cardamom
1 – 14 oz. can coconut milk
Salt & Pepper

Place the squash, sweet potato, garlic, ginger, green onion and chili pepper in a pot. Add the oil and sauté until the veggies are lightly browned, stirring occasionally.

While that is happening, place the 1 tsp. of oil in a skillet and add the cumin and curry powder. Cook for a couple of minutes, stirring frequently.

Once the veggies are browned, add the water and the curry and cumin. Mix well and bring to a boil. Reduce the heat and simmer for about 20 minutes or until everything is cooked through and soft.

Remove the ginger and discard. If you have an immersion blender use it now to blend the vegetables. If you don't have one then cool down the soup for a while and blend it. You never want to blend hot liquids. They will splatter and you could get burnt – not to mention the terrible mess you will be left with. Blend until smooth and return to the pan.

Add the nutmeg, coriander, cardamom and coconut milk and mix well. Season your soup with salt and pepper to taste. Heat through and serve. You can garnish with chopped parsley, croutons or shoe string potatoes if you wish. Enjoy

CALORIES 184.10; FAT 5.29 grs (sat 4.22; mono 0.38; poly 0.20); PROTEIN 3.26 grs ; FIBER 5.05 grs; CARBS 7.59 grs; CHOLESTEROL 0.00 mg; IRON 2.28 mg; SODIUM 743.00 mg; CALCIUM 132.99 mg

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