

Creamy Pumpkin Curry Soup

Featured in Prairie Fare Blog:
November 2, 2012

<http://prairiefare.areavoices.com/2012/11/02/soy-foods-offer-variety-nutrition/>

Ingredients:

- 1 Tbsp. soybean oil
- 1 small onion, diced
- 1 (16-ounce) package silken tofu, drained
- 1 (15-ounce) can pumpkin puree
- 1 medium apple, peeled, cored and sliced
- 2 c. low-sodium vegetable or chicken broth
- 1 tsp. curry powder (or to taste)
- 3/4 tsp. ground black pepper
- 3/4 tsp. salt
- 1/4 c. toasted pumpkin seed (optional)

Directions:

- Heat the oil in a medium saucepan over medium heat. Add onion and cook for two to three minutes until soft. Place onion, tofu, pumpkin, apple, broth, curry powder, pepper and salt in a blender. Puree for one minute until smooth. Place the mixture in the saucepan. Heat over medium heat, stirring occasionally, until soup begins to gently simmer. Do not boil. Ladle into bowls, and top with pumpkin seeds if desired..

Makes 8 servings. Per (1-cup) serving: 90 calories, 3.5 grams (g) of fat, 11 g of carbohydrate, and 5 g protein (including 4 g of soy protein).

NDSU EXTENSION
SERVICE