

# Savory Pumpkin Soup

4-6 Servings

## Soup

- 1 (15 oz) can unsweetened Pumpkin Puree (Trader Joe's)
- 1 (13.5) oz can Organic Coconut milk (Trader Joe's)
- ½ teaspoon Ginger root paste
- 2 tablespoons low fat or nonfat yogurt (optional)
- 6 freshly ground black peppercorns
- 2 teaspoons Cornstarch
- 1 teaspoon salt (or to taste)
- 2 tablespoons dark sugar
- 2 cups water

## Seasoning:

- ½ teaspoon **Seven happy Seeds Pilaf Spice**
- 1 tablespoon Ghee (Clarified Butter- available at Trader Joe's) or unsalted butter
- 2 tablespoons cilantro finely chopped and divided
- One sprig Curry leaves washed and patted dry (Optional- available in most Indian groceries)

- Put all Soup ingredients in a blender and blend until smooth.
- Simmer soup on medium low heat for 10-12 minutes while stirring every couple of minutes to prevent curdling. Turn heat off and keep warm.

**Note:** Soup will thicken due to cornstarch and you may add some more water if a thinner consistency is desired.

- Heat ghee in a small sauce pan (do not let it smoke) and add Pilaf Spice and Curry leaves. (use a splatter screen for protection) Turn heat off.
- Divide Soup into serving bowls. Add a little seasoning and some chopped Cilantro on top and serve immediately with crusty bread slices (or just enjoy by the bowl!)