

Zesty Pumpkin Soup – *submitted by Trish Pegram*

1/4 C. butter  
1 C. chopped onion  
1 garlic clove, crushed  
1 tsp. curry powder (I usually use more)  
1/2 tsp salt  
1/4 tsp ground coriander  
1/4 tsp red pepper flakes  
3 C. chicken broth  
16 oz can pumpkin (not pumpkin pie filling)  
1 C. half & half  
1/4 C. fresh cilantro leaves (no stems)  
Sour cream for garnish

Melt butter; saute onion and garlic until soft. Add curry, salt, coriander and red pepper; cook 1 minute. Add broth and boil gently for 15 - 20 minutes. Stir in pumpkin, fresh cilantro and half & half. Cook for 5 more minutes. Pour into blender, or use an immersion blender, to puree. Serve with dollop of sour cream. Serves 6.