



# Arvinda's

A *fresh* APPROACH TO COOKING INDIAN



## Curried Pumpkin Apple Soup

This is a wonderful warm and comforting soup for the colder months, using local harvested pumpkins of the Fall season.

### Ingredients:

½	small pumpkin, cubed with the skin removed (about 4 cups)
2	apples, cubed, cored with the skins removed
4 cups	water
1	vegetable stock cube
2 tsp.	<b>Arvinda's Curry Masala</b> (add more to taste for a spicier soup, less for milder)
1 cup	light cream (10% or substitute milk for a lower fat version)
2 tsp.	sugar
¼ cup	chopped cilantro, to garnish
½ tsp.	<b>Arvinda's Garam Masala</b> , to garnish

### Method of Preparation:

Fill a pot with water (4 cups, add extra if necessary to cover pumpkin and apples) and cook pumpkin and apples until soft on the stove on medium high heat **OR** cook pumpkin and apples in water in the microwave or a pressure cooker.

In a blender, add cooked pumpkin and apples with the liquid. Puree until smooth. Transfer pureed pumpkin to a pot and add vegetable stock cube, **Arvinda's Curry Masala**, light cream or milk and sugar. Stir and simmer on medium heat for 10 minutes. Add additional **Arvinda's Curry Masala** to get soup to desired hotness and sea salt to taste if necessary.

Serve soup in a bowl garnished with a pinch of **Arvinda's Garam Masala** and chopped cilantro. Serve with a soft, fresh French baguette and a Chick Pea Salad to make a complete healthy meal. **Serves 4.**