



Curried Pumpkin Soup

Ingredients

- 1 Tbsp EDEN Extra Virgin Olive Oil
- 1 clove garlic, finely minced
- ½ cup onion, finely chopped
- 1-29 oz. can unseasoned pumpkin puree
- 2 cup Unsweetened EDENSOY, Original, or Extra Original
- 2 cups water
- ¾ tsp EDEN Sea Salt
- 1¾ tsp curry powder
- ⅛ tsp ground nutmeg
- 1 pinch EDEN Cinnamon
- EDEN Black Pepper to taste
- 2 Tbsp organic maple syrup
- 1 Tbsp fresh parsley, finely chopped for garnish

Directions

Heat oil in a medium saucepan, sauté the garlic and onion for 2 minutes. Add all remaining ingredients except the parsley, blend thoroughly. Cook over medium heat without boiling, stirring frequently until hot, about 5 minutes. Serve and garnish with parsley.

EDEN Roasted Pumpkin Seeds or EDEN Spicy Pumpkin Seeds can also be used for a delicious, crunchy garnish along with the parsley. Just sprinkle a few on top of each serving.



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