

Pumpkin Curry Soup

By ChrisMc on June 20, 2002



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Prep Time: 5 mins **Total Time:** 30 mins **Servings:** 4-6

About This Recipe

"A warm, spicy soup - I'm posting this a bit early; it's really a great fall and winter soup."



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Ingredients

- 2 tablespoons margarine
- 1 cup onions, chopped
- 2 cloves garlic, crushed
- 2 teaspoons curry powder
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 3 cups chicken broth
- 1 (15 ounce) cans pumpkin
- 1 1/2 cups evaporated milk

Directions

1. Melt margarine and cook onion and garlic.
2. Stir in the curry, salt, and pepper and cook for one minute.
3. Add the broth and pumpkin, bring to a simmer, and cook uncovered for 20 minutes.
4. Stir in evaporated milk just before serving.

Nutrition Facts		Amount Per Serving	% Daily Value
Serving Size: 1 (289 g)		Total Fat 14.1g	21%
Servings Per Recipe: 4		Saturated Fat 5.9g	29%
Amount Per Serving	% Daily Value	Cholesterol 27.4mg	9%
Calories 256.4		Sugars 3.7 g	
Calories from Fat 127	49%	Sodium 1020.8mg	42%
		Total Carbohydrate 22.1g	7%
		Dietary Fiber 1.6g	6%
		Sugars 3.7 g	14%
		Protein 11.9g	23%