

Curried Pumpkin Onion Apple Soup

Ingredients:

2 15-oz or 1 28-oz cans of pumpkin
1 large onion (diced)
1 stick of unsalted butter
3 Tbs flour
2-4 Tbs curry powder (to taste)
2 cups water
5 large(ish) apples (anything but Delicious or
Granny Smith) diced
2 cups milk (or alternative)
2 cups apple juice or cider
1/3 cup maple syrup
dash of nutmeg
1 tsp of cinnamon
salt & pepper to taste

Instructions:

Over medium heat, melt butter in bottom of large soup pot, add onions and saute, stirring frequently until well softened but not browned. Add salt.

Mix flour in a tightly covered glass jar with enough water to make a smooth 'slurry' when you shake it vigorously (and I mean vigorously!), then add slowly to the onion mix along with the curry powder. Keep stirring as it thickens, adding more water, then the other liquids, then the apples, pumpkin, and maple syrup. Mix well and throw in the nutmeg & cinnamon (don't over-do it, you can always add later).

Turn down the heat and let cook, stirring occasionally until the apples are soft (20 minutes or so). Then use an immersion blender or a 'masher' to semi-puree the soup, leaving some chunks of apples, but mostly smooth. This should be about the right consistency. If it's too thin, do a little more of the 'flour thing', if it's too thick, add more liquid (preferably the juice or cider).

My advice as always, tinker with it until it becomes "yours". ENJOY!!

