

## Roasted Pumpkin Coconut Curry Soup

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Serves 8

### Ingredients

1 tablespoon extra-virgin olive oil  
1 tablespoon butter  
1 large onion roughly chopped  
3 medium cloves garlic  
1 medium apple peeled, cored, and roughly chopped  
1 large potato peeled and roughly chopped  
1-4 teaspoons red curry paste \*  
2 tablespoons brown sugar  
1 teaspoon mild yellow curry powder  
1 teaspoon ground coriander  
½ teaspoon cumin  
2 teaspoons finely chopped fresh ginger  
1 15- ounce can pumpkin puree  
3 cups low sodium chicken broth  
1 14 1/2- ounce can light coconut milk  
salted, roasted cashews for garnish, if desired  
Greek yogurt thinned with a bit of milk for garnish, if desired

### Instructions:

Preheat oven to 425°F.

Combine olive oil, butter, onion, apple, potato, garlic, curry paste, brown sugar, curry powder, ground coriander, cumin, ginger in a Dutch oven or oven-safe pot. Stir well to combine. Place in preheated oven and roast, uncovered for 10 minutes.

Remove from oven and add pumpkin puree. Stir well to combine. Roast (again, uncovered) for another 15-20 minutes until puree is deepening in color. Stir the mixture half way through.

Remove from oven and add chicken broth and coconut milk. Bring to a low simmer and cook for 10 minutes. Puree mixture with an immersion blender or a regular blender.

Serve with a small dollop of cream or Greek yogurt, some chopped cilantro and a sprinkle of roughly chopped cashews.

Cook's Note: Go with how spicy your palate is. 2 teaspoons is medium spicy. You can always add more but can't take it back.

***Credit: [pinchofyum.com](http://pinchofyum.com)***