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Curry Pumpkin and Walnut Soup

Here's an unlikely combination of flavours that is sure to warm you up this fall.

Ingredients

1 tsp canola oil
1 cup chopped onion
½ tsp pepper
1 tbsp curry paste
2 cups reduced sodium chicken stock
4 cups cubed pumpkin (or use 28 oz (796 mL) can pure pumpkin, not pie filling)
½ cup walnuts, chopped, toasted
2 cups skim milk
1 tsp cornstarch
6 tsp plain 2% yogurt
4 sprigs coriander

Directions

1. In large pot, heat oil over medium heat. Add onion and pepper and cook, without browning, until tender and translucent, about 10 minutes. Stir in curry paste and cook one minute more.
2. Stir in broth and bring to boil over medium high heat.
3. Add pumpkin and simmer over medium heat until pumpkin is very tender, about 20 minutes.
4. Transfer pumpkin with liquid to blender, add walnuts and process in batches until smooth. The mixture will remain quite thick.
5. Combine milk and cornstarch.
6. Return pumpkin walnut purée to pot and slowly whisk in milk mixture. Heat soup over low heat just until heated through. Do not bring back to boil or soup will separate.
7. Serve in warmed bowls, garnished with a teaspoon of plain yogurt, a sprig of coriander.

Makes 6 servings. Nutritional information per serving. 190 calories, 10g protein, 8g fat, 6g fibre, 315mg sodium

Source www.heartandstroke.ca