

# **Pumpkin & Sweet Potato Soup**

**Serves 4**

## **Ingredients**

- 1 ½ tsp olive oil
- 2 cloves crushed garlic
- 1 cup finely chopped red onion
- 2 ½ cups vegetable or chicken stock
- 1 large sweet potato, peeled & chopped
- 1 cup mashed pumpkin – either canned or use real pumpkin/squash, boil until soft then peel & mash
- 1 ½ tsp curry powder
- 1 tsp chopped cilantro
- 1 Tbsp minced ginger
- 1 Tbsp honey
- ½ cup-1 cup milk or cream

## **Instructions**

1. In a large pot, heat oil and cook onion and garlic for about 5 minutes. Add remaining ingredients. Cover and simmer until potatoes are tender (about 40 minutes). Combine in a food processor or blender. Add milk or cream to desired consistency. Garnish with fresh cilantro.