



# Pumpkin Curry Soup

Makes 4 servings

## *Ingredients*

2 tablespoons margarine  
1 cup onion, chopped  
2 cloves garlic, crushed  
2 teaspoons curry powder  
1/2 teaspoon salt  
1/2 teaspoon pepper  
3 cups vegetable broth  
1 (15 ounce) can pumpkin  
1 1/2 cups whole milk



## *Instructions*

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

## Nutrition Facts

Serving Size: 8oz; Calories 256.4; Total Fat 14.1g; Saturated Fat 5.9g; Cholesterol 27.4mg; Sodium 1020.8mg; Total Carbohydrates 22.1g;

Recipe adapted from BlueCross Corporate Food Services



BlueCross BlueShield of South Carolina and  
BlueChoice HealthPlan of South Carolina