



## Pumpkin Soup with Red Curry

Makes 6 cups

- 1 medium to large pie pumpkin
- 2 medium or 1 large red bell pepper, fresh or roasted
- 1 14.5-ounce can of coconut milk
- 1 tablespoon of red Thai chili paste, more or less to taste
- ½ teaspoon salt
- Freshly ground pepper
- Lime wedges
- Chopped fresh cilantro, to garnish, optional
- Plain yogurt, to garnish, optional

### Directions

Rinse the pumpkin well. Remove stem and slice in half. Remove seeds and set aside to roast later, if you would like to.

Cut pumpkin into wedges. Place in a large pot and fill with about 1" of water. Cover and steam until tender, about 20 minutes.

While the pumpkin is cooking, cut bell peppers in half, remove stems and seeds, and roughly chop. Alternatively, use roasted peppers, remove seeds and most of skin, and set aside.

When pumpkin is tender, remove from the pot and let cool until cool enough to handle. Save water in case you need it to thin out your soup.

Peel pumpkin and place flesh in a blender or food processor. Add bell pepper, coconut milk, chili paste, and salt. Blend until smooth. Add pumpkin cooking water if you need to thin the soup out.

Place soup back in pot, and warm to serving temperature. Add salt, ground black pepper and chili paste, to taste.

Serve soup with lime wedges, top with cilantro and/or a dollop of plain yogurt, if using.

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### NUTRITION INFORMATION PER 1 CUP SERVING:

Calories	186
Total Fat	14 g
Saturated Fat	13 g
Carbohydrate	14 g
Fiber	2 g
Sodium	205 mg
Protein	3 g
Potassium	748 mg

Cost per 1 cup serving: \$ .91