

Pumpkin Curry Soup



Ingredients

2 tbsp olive oil
1 cup chopped onion
2 cloves of garlic or to taste
2 tsp curry powder
2 cups vegetable broth
1 cup water 1 can (15 oz) pumpkin
1 cup soymilk
1/4 cup bulgar



Directions

Cook onion and garlic in olive oil for 2-3 minutes or until tender.

Stir in curry powder and cook for another minute.

Add vegetable broth, water, pumpkin and bulgar.

Bring to a boil, then reduce heat to low and cook for 15-20 minutes, stirring occasionally.

Remove from heat and use a hand blender to smooth out the onions.

Add soymilk.

Serve and enjoy knowing it is good and good for you!

Adapted from Libby's Pumpkin recipe.

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