

Curried Pumpkin-Apple Soup- Maple Syrup Cookbook (Ken Haedrich)

Ingredients:

4 Tbsp butter

1 C chopped onion

1 sm tart apple, peeled, cored, and coarsely chopped

2 cloves crushed garlic

1 tsp curry powder

½ tsp salt

¼ tsp ground coriander

1/8 tsp red pepper flakes

2 C chicken broth

1 C apple cider

2 C pumpkin puree

1 C half & half

¼ C Pure Maple Syrup

Directions:

- Melt butter in a saucepan over medium-high heat. Add onion, apple, and garlic. Sauté until soft. Add curry powder, salt, coriander, and red pepper. Cook until fragrant, about 1 minute.
- Add broth and cider, boil gently, uncovered, for 15-20 minutes. Stir in pumpkin, cream, and maple syrup. Cook for another 5 minutes.
- In a blender, puree the soup in three or four batches. DO NOT fill blender more than one-third full to prevent the lid from blowing off. Return to pot and cook over low heat for 5 minutes. Serve hot

Serves 4