# Curried Pumpkin Soup

Very quick to make, and flavorful. Serves 4 – 6

28 oz can of diced tomatoes

14 oz canned puréed pumpkin

2 Tbsp onion powder

2 cups vegetable stock – can add more for a thinner soup or less for thicker

2 heaping Tbsp of curry paste or powder, hot or mild[[1]](#footnote-1)

Broccoli, steamed, enough for 4 - 6 small portions

Combine first 5 ingredients in a large pot. With an immersion blender, purée the soup as much or as little as you like – this soup can be smooth or chunky. (Alternatively, you can use a blender - just blend the tomatoes with some of the stock then add to the other ingredients.) Bring to a boil then reduce heat and simmer for a few minutes. Place a small portion of broccoli in the bottom of each bowl and ladle soup over top. Enjoy!

1. You can also add red chili flakes if you really like spice! [↑](#footnote-ref-1)