



Pumpkin Bisque with Curry and Pear

Ingredients:

2 T butter or vegetable oil
1 medium onion, chopped
2 ripe pears, peeled, cored and cut into chunks
1 (15 oz) can pumpkin puree (NOT pumpkin pie mix)
1 1/2 t curry powder
1/8 t cayenne pepper
pinch of ground cinnamon
4 cups vegetable or chicken stock
1 cup coconut milk or soy milk (plain and unsweetened)
salt, to taste
2 T minced fresh chives or 1/4 cup toasted coconut

Directions:

Heat the butter in large saucepan over medium heat.
When the butter has melted and looks foamy, add the onion and cook for 2-3 minutes or until slightly softened.
Add the pear chunks, pumpkin puree, curry powder, cayenne pepper, cinnamon, stock and coconut milk.
Mix ingredients thoroughly.
Bring to a simmer and cook for 25 minutes.
Puree the soup and return it to the pan to heat (or use a hand blender)
Season to taste with salt.
Serve with chives or toasted coconut