

PUMPKIN SOUP WITH KERALA CURRY BLEND

Easy and quick to make

INGREDIENTS:

¼ Cup Olive Oil
Couple of Onions
1 Large Pumpkin
Couple of Potatoes
Water
1 Tablespoon **Blossom's Organics Kerala Curry Blend**
Salt to Taste



METHOD:

Fry Onions in oil till soft

Lower Heat

Add **Blossom's Organics Kerala Curry Blend** and continue frying for half a minute.

Add peeled and chopped up pumpkin pieces

Add sufficient water to cover pumpkin or enough water for desired consistency.

Add salt to taste.

Bring to the boil and simmer till vegetables are cooked.

Remove from heat and vitamise.

Variations: I sometimes add coconut milk whilst cooking and/or a dollop of sour cream or vitamised almonds just before serving, a sprinkle of fresh parsley, or a sprinkle of fresh coriander leaves.

Enjoy!



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