



### Golden Harvest Soup

- 1 Tablespoon olive oil
- 1 large onion, peeled, chopped
- 3 cups squash or pumpkin, peeled, seeded, chopped
- 1 cup sliced peeled carrots
- 1 tart apple, peeled, pared, chopped
- 2 to 3 cups chicken stock or vegetable broth
- 1/4 teaspoon ground nutmeg
- 1/2 teaspoon salt
- 1/8 teaspoon black pepper or to taste
- 1/4 to 1/2 teaspoon cinnamon
- 1/4 teaspoon garlic
- 1/2 to 1 teaspoon thyme
- 1 teaspoon curry powder
- 1 Tablespoon unsalted butter

1 to 2 cups light cream or coconut milk

Garnish: Sweet red chili sauce as desired

Chopped cilantro or thyme as desired

In a hot soup pot, add oil and onion; sauté. Add squash or pumpkin chunks and carrots; cook over low heat for about 10 minutes; stir occasionally.

Add apples and broth; stir in nutmeg, salt, pepper, cinnamon, garlic powder, thyme, and curry powder; cook to soften apples and squash.

With an immersion blender, puree until smooth; stir in butter and cream. Heat until very hot. Season to taste.

Serve with a swirl of red chili sauce; garnish with chopped cilantro or thyme if desired.

Yield: about 6 to 8 cups

**Note:** To add more spice to this soup, add a teaspoon of fresh grated ginger.

**About the recipe:** The essence of good health, golden carrots join with the sweet flavor of squash and pumpkin as they bubble together in a chicken or vegetable broth. Chopped apples add a natural sweet flavor. Simply use your immersion blender or food processor to create this velvet smooth texture. A swirl of chili sauce will add a finishing sparkle to the dish.