

## CURRIED BUTTERNUT PUMPKIN SOUP WITH ALMONDS



### INGREDIENTS: (Serves: 6)

2 butternut pumpkin (about 4 3/4 pounds)  
**1 cup slivered almonds, divided**  
 2 tablespoons plus 3 teaspoons extra-virgin olive oil, divided  
 1 cup diced onion  
 3 cloves garlic, minced  
 1 1/2 teaspoons mild curry powder  
 5 cups chicken or vegetable broth  
 Salt to taste  
 6 tablespoons plain yoghurt

### PREPARATION:

Preheat oven to 375°F. Roast pumpkin for 15 minutes; remove from oven and cut in half, scooping out seeds. Place cut side down on oiled baking sheet and return to oven for 30 to 35 minutes, until very soft. Remove from oven and let cool.

Meanwhile, turn heat down to 350°F. Place almonds on the baking sheet and roast until golden brown, about 10 minutes. Heat 2 tablespoons oil in a large pot. Add onion and garlic; sauté on medium heat until onion is translucent. Add curry powder and stir for 2 or 3 minutes, until fragrant.

Cut away peel from pumpkin, and cut into bite-sized pieces. Place curried onion and garlic mixture in a blender or food processor; add enough squash and broth to fill. Add 3/4 cup almonds, reserving the remaining 1/4 cup for garnish, and process until smooth. Transfer to pot. Puree remaining squash and broth, and transfer to pot.

Stir mixture and bring to a boil; reduce heat and simmer for 10 minutes. Season with salt. To serve, divide soup among shallow bowls. Swirl 1/2 teaspoon of olive oil on each, and top with a 1-tablespoon dollop of yoghurt. Sprinkle remaining almonds on top of yoghurt.

Source: Almond Board of California—  
 Website—  
<http://www.almondsarein.com>