

Pumpkin Bisque

Ingredients:

- 1 Tbsp. canola oil
- 1 apple (any kind), peeled, cored, seeded and coarsely chopped
- 1 leek, white part only, finely chopped
- 4 cups fat-free, reduced-sodium chicken or vegetable broth
- 1 sweet potato, peeled, halved lengthwise and cut in 1/2-inch slices
- 1 (15 oz.) can puréed pumpkin
- 1/4 teaspoon dried thyme leaves
- 1 Tbsp. curry powder
- Salt and freshly ground pepper, to taste
- 4 tsp. finely minced chives, for garnish



Directions:

1. In a large, heavy saucepan, heat oil over medium-high heat. Sauté apple and leek until the leek softens, about 4 minutes.
2. Add the broth, sweet potato, pumpkin, curry and thyme. Bring the soup to a boil over high heat, then reduce the heat and simmer uncovered until the potato and apple are soft when pierced with a knife, about 20 to 25 minutes.
3. Transfer soup to a blender or food processor and purée. Add salt and pepper to taste. Divide among 6 bowls. Garnish with the chives and serve. Makes 6 cups.