



Curried Chicken Pumpkin Soup

Ingredients:

- 1 chicken breast
- 5 cups water
- chicken broth
- 1 large onion
- 4 garlic cloves
- 3 tsp. curry powder (you might want to add more curry depending on how strong you want it).
- ½ a cube of butter
- 2 cups of pureed pumpkin (You can add a tiny pinch of Stevia powder if you want to add a little sweetness to the soup)
- 1 1/2 cup whipping cream
- Herbamere Seasoning salt to taste (Herbamere goes a long way so be aware not to oversalt)
- cilantro and chopped chives

Boil chicken breast in water, add Herbamere Seasoning to taste. Once done and cooled off, cut the chicken in medium size cubes and shred. Add chicken to the broth.

Dice the onion in small pieces and mash or cut the garlic in tinny pieces. Place in a pan along with the curry powder and ½ a stick of butter and sauté until the onion is soft. Add this mixture, the pumpkin, and the cream to the chicken and broth. Cook under medium heat until it starts to boil.

If you would like to thicken the soup you may use Spelt flour, or cornstarch.

Cut the cilantro and the chives and garnish each soup bowl.

Serves about 8 people or more depending on the size of the bowls.