

Recipe – Curry Pumpkin Soup with Shrimp and Tofu

Adapted from www.Weightwatchers.com Shrimp and Squash Vindaloo

Ingredients:

- olive oil or desired fat to coat the pan
- 2 TBS curry powder
- ½ tsp cinnamon
- 1 ½ tsp cumin
- ½ tsp ground ginger or 1 inch piece fresh, grated
- ¼ tsp salt
- ¼ tsp cayenne pepper
- 1 onion, chopped
- 2 cloves garlic, minced
- 2 TBS white Balsamic vinegar
- ¼ head cabbage, thinly sliced and chopped
- 2 celery stalks, minced
- 4 cups vegetable broth (or water with 2 TBS Better N Bouillon)
- 2 TBS dulse flakes (sea vegetable)
- 1 15 oz can pumpkin (or 2 cups of any cooked or 3 cups raw winter squash)
- 1 large apple, peeled and diced
- ½ lb firm tofu, diced
- 1 lb shrimp, peeled and deveined
- 1 lemon, juiced
- 1 10 oz bag spinach, chopped
- 1 handful parsley, chopped
- 1 handful cilantro, chopped

Directions:

Heat oil in a large soup pot and add curry powder, cinnamon, ginger, salt, pepper, onion and garlic, cooking till onions are soft, about 3 to 5 minutes

Add vinegar, cabbage, celery and apple and cook till soft, about 5 minutes

Add broth, dulse and cooked canned pumpkin or cooked winter squash and simmer for 10 minutes (If using raw, diced and skinned winter squash, increase simmering time by 20 minutes before the next step)

Using a stick blender, puree soup till desired consistency (or transfer to a regular blender)

Add tofu, shrimp and lemon juice and simmer for another 3 to 5 minutes till shrimp are pink and firm

Add spinach, parsley and cilantro and simmer till greens are wilted

Serve and enjoy!