

2010 Global Mission Lenten Series
Recipe from Botswana
Ron and Heda Christ

Tasty Pumpkin Soup Recipe with (Smoked) Paprika

In Botswana, pumpkin, available most of the year, is considered a staple food. About the size of a medium-sized US grown pumpkin, you'll find the color to be lime green! The inside is a bright orange, the color and the taste of sweet potatoes. With very minimal seeds compared to US pumpkins, it looks more like a melon. It is inexpensive and the dense pumpkin flesh yields multiple portions, making it the perfect solution for those soup and salad meals preceding a mid-week church service. The recipes vary, from cooked in water to this spicy recipe.

You will need:

- 2 1/2 lbs pumpkin puree, fresh or canned or sweet potato puree
- 2 yellow onions, chopped
- 4 tablespoons butter
- 1/2 cup light cream
- 1 cup water
- 1 cup milk
- 4 cups chicken or vegetable broth
- 1 big green apple, peeled, cored and chopped
- 1/2 teaspoon ground cumin
- 1 pinch cayenne pepper
- 3 garlic cloves, minced
- 1 tablespoon (smoked) paprika
- 1/4 teaspoon dried sage or 1 sprig fresh sage
- 1/2 teaspoon dried thyme or 1 teaspoon fresh thyme
- Salt and freshly ground black pepper, to taste

Melt the butter in a big pan over a moderate to hot heat and add the garlic and onions. Cook, stirring often, for about 4 minutes or until soft. Add the cayenne, cumin and paprika and stir for a minute. Add the pumpkin puree and chopped apple.

Add the water and broth and mix well. Season the pumpkin soup then bring it to a boil, turn the heat down and partially cover the pan. Simmer for 20 minutes or until the apples are soft. Puree the soup in batches in a food processor or use a soup blender until smooth. Put the soup back in the pan and add the cream and milk, stirring well. Add salt if necessary and serve hot. ENJOY