



A Recipe from



Dr. Sinatra's **SMART-CARB PUMPKIN AND POTATO SOUP**

Flavorful, creamy and comforting, this soup is a perfect fall and winter staple that brings healthy carbs and fatigue-busting B vitamins to the table.

- 1 can organic [pumpkin](#) purée
- 1 pound new potatoes, boiled
- Pinch ground [cinnamon](#)
- ¼ teaspoon ground cardamom
- 2 cups low-sodium vegetable broth
- ¼ cup light coconut milk
- ½ teaspoon red curry paste*
- Pinch salt
- 1 ½ ounces herbed [goat cheese](#)

*Red curry paste is available in the Asian foods section of most supermarkets.

In a medium saucepot over medium heat, combine the pumpkin, potatoes, cinnamon, cardamom, broth, coconut milk, curry paste, salt and goat cheese. Mix until well combined. If the soup starts to boil, reduce the heat to medium-low. If you prefer your soup smooth, pulse with an immersion blender until your desired texture. Divide the soup between two bowls. Serves 2.