

PUMPKIN SOUP

Serves 4

10 minutes preparation + 20 minutes cooking

15 serves of vegies in this recipe

1 medium brown onion, chopped

1 clove garlic, crushed

1 tablespoon olive oil

750g pumpkin, peeled and cubed

1 large potato, peeled and cubed

4 cups vegetable or chicken stock

¼ cup low-fat natural yoghurt



Pumpkin soup is featured top right of photograph

Heat oil in a large pot and cook onion and garlic over low heat until onion is translucent. Add pumpkin, potato and stock and bring to the boil. Reduce heat and simmer for 20 minutes or until pumpkin is tender. Remove from heat and cool slightly. Puree in a blender until smooth. Add yoghurt to serve.

Hint

If the soup is too thick add a little low-fat milk to make desired consistency.

Variation

Replace yoghurt with ¼ cup reduced-fat coconut milk and heat through. Sprinkle with coriander.

NUTRITION

INFORMATION

Serves in this recipe: 4

Serve size: 532 g



	Quantity per serving	Quantity per 100g
Energy	858.85 kJ	161.42 kJ
Protein	7.53 g	1.41 g
Fat	6.48 g	1.22 g
-saturated	1.69 g	0.32 g
Carbohydrate	26.97 g	5.07g
-sugars	15.90 g	2.99 g
Fibre	3.97 g	0.75 g
Sodium	1061.70 mg	199.55 mg