



## Pumpkin soup

GREEN (ACT & SA) / Everyday (NSW)

Makes 12 serves

### Ingredients:

- 2 tablespoons olive oil
- 1 onion, diced
- 4 medium sized potatoes, peeled and chopped
- 2kg pumpkin, peeled and chopped
- 2 litres vegetable stock (salt reduced)
- 1 cup water

### Method:

1. Heat the oil in a large soup saucepan on a medium heat. Add onion and cook until soft.
2. Add the potatoes, pumpkin, stock and water and bring to the boil.
3. Reduce to medium heat and cook for 30 minutes (or until pumpkin and potatoes are soft), stir occasionally.
4. Take off heat.
5. Use a stick blender and blend until smooth.
6. Add pepper and/or nutmeg to taste and serve.

*Recipe tested by AM October 2016*

**Nutrition information:**

<b>Pumpkin soup</b>	<b>Per serve (350g)</b>	<b>Per 100g</b>
<b>Energy (kJ)</b>	638	182
<b>Protein (g)</b>	5.0	1.4
<b>Fat – total (g)</b>	4.3	1.2
<b>Fat – saturated (g)</b>	0.8	0.2
<b>Carbohydrates – total (g)</b>	21.1	6.0
<b>Carbohydrates – sugar (g)</b>	12.7	3.6
<b>Sodium (mg)</b>	678	194