

Classic pumpkin soup

Serves: 4

Prep time: 10 mins

Cooking time: 30 mins



Ingredients

1.2 kg butternut pumpkin,
deseeded, peeled, cut into 6cm
pieces
1 large onion, sliced
3 garlic cloves
2 reduced-salt vegetable stock
cubes
⅓ cup reduced-fat natural
yoghurt
Black pepper, ground

Step 1: Add the pumpkin, onion, garlic, stock cubes and 1L water to a large pot. Bring to the boil and then reduce heat to medium and simmer, covered, for 20 minutes or until pumpkin is tender.

Step 2: Remove from the heat and use a stick blender to blend until smooth. Season with pepper.

Step 3: Return to the heat, cover and bring to the boil. Divide among bowls and swirl through 1 tablespoon yoghurt in each bowl.

Serving suggestion: Serve with a warm wholemeal crusty bread roll.

Food safety tip: If you are packing for lunch, pumpkin soup needs to be kept hot so pack in a thermos.

For this recipe and more visit:
healthymadetasty.com.au



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