

# Pumpkin Soup

Pumpkins – not just for Halloween!

Pumpkins are in season and they are fantastically nutrient-dense (especially considering they are low calorie too!) We would encourage you to think of pumpkin as a carbohydrate instead of a vegetable (it's actually a fruit!) For this reason, it's best to use it instead of rice, potatoes or pasta instead of a vegetable on the side! So for example, you could have chicken, roasted pumpkin, broccoli and green beans as a very healthy dinner.

However, pumpkin also makes an amazing soup so here's one of our favourite recipes! So you don't overdo the carbs, you could follow this with a protein and vegetable based dinner such as grass-fed steak and salad.

Pumpkin is rich in carotenoids, vitamin C, vitamin E and folate – all of which are immune boosting. Their beta-carotene, as well as other antioxidants (such as lutein and zeaxanthin) also mean they are very nourishing for your eyes.

Don't forget the seeds! You can roast your own but we also sell handy snack packs by Eden Organics (we have the plain roasted and spicy). Pumpkin seeds are especially rich in zinc – great for skin, immunity, hormone balance and fertility. Enjoy!

## INGREDIENTS

- |  |  |
|--|--|
| 2 1/2 cups skinned and chopped pumpkin | 1 tsp chili powder, (mild or hot)  |
| 3 large tomatoes, skinned and chopped  | 1 tsp cinnamon   |
| 4 sticks celery, chopped               | black pepper   |
| 1 large red onion, chopped             | 1 tbsp olive oil   |
| 1 tsp condensed vegetable stock        | 4 8oz cups boiling water   |
| 1/4 tsp ground coriander seed          | Optional garnishes: swirl of coconut milk, dash cayenne/paprika and a small handful of microgreens or chopped fresh chives |

see over for recipe!

 approved recipe



← SCAN FOR E-RECIPE

## METHOD

Skin the tomatoes — it's very easy to do! Etch a shallow X in the top and bottom of each tomato, place in a heatproof bowl and cover with boiling water for two minutes. You will see the skin split and begin to peel off. Drain, cover with cold water and peel/chop when cool enough.

Gently heat the olive oil in a large saucepan with one tsp water

Add the chopped onion and celery, turn up the heat and stir for a few minutes. Then reduce the heat to "simmer", cover the pan and let the vegetables sweat for a few minutes.

Uncover the pan and add four cups of boiling water

Then add the pumpkin, chopped tomatoes, stock cube, coriander, chilli powder and cinnamon.

Bring to the boil and then simmer for approximately 25 minutes until the pumpkin is well cooked. Blend (you may have to do this in batches) till smooth.



←  
SCAN FOR  
E-RECIPE