

High Fibre Pumpkin Soup

Difficulty: 2/5

Prep time: 20 minutes

Cooking time: 5 minutes

Made for: 4 people

Different to a traditional pumpkin soup, this version has a lower starch and higher fibre content due to a lower proportion of pumpkin (which is a starchy vegetable), which is replaced with other non-starchy vegetables. It is also lower in fat as milk is used instead of cream. I promise you that it'll still be as tasty, as the taste of pumpkin will overpower other vegetables that you add in!

Ingredients

- ¼ pumpkin (roughly 4 cups chopped)
- 1 medium onion
- 2 medium carrots
- 1 cup cabbage
- AND/OR any other vegetables of your choice
- 1 cup milk of your choice
- 2 cups vegetable or chicken liquid stock
- Optional: turmeric or curry powder, herbs (e.g. basil and parsley), to taste
- Salt and pepper, to taste

Note: The key is to have pumpkin and any other starchy vegetables as $\leq 40\%$ of the dish, and the rest should be non-starchy vegetables.

Method

1. Peel and roughly chop vegetables into chunks
2. Boil vegetables with stock for 10 minutes or until soft. Add water until level is just enough to cover all ingredients
3. Blend with stick blender / food processor / blender until all ingredients are combined into one consistency
4. Add milk and seasoning
5. Enjoy!

Tip: You should always taste the food before you add any seasonings – it might taste good enough as is!

Nutritional value:

- Pumpkin's brilliant orange colour comes from a rich content of beta-carotene, which is converted to vitamin A in the body. Vitamin A plays an important role in immunity, heart health, gene expression and more!
- Fibre plays an important role in reducing cholesterol, improving satiety (sustaining fullness), and providing bulk of our stool