

Pumpkin Soup



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Traffic light category: Green

Serves: 18 (250mL per serve)

Ingredients

- 2kg kent pumpkin, deseeded, cut into wedges
- 2 brown onions, peeled and chopped into wedges
- 3 granny smith apples, peeled, cored & roughly chopped
- 5 garlic cloves, skin on
- 80mL extra virgin olive oil
- 1 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- Black pepper
- 2 litres reduced salt chicken stock



Directions

1. Preheat oven to 180°C, line a large baking tray with grease-proof paper
2. Toss pumpkin, onion, apple and garlic in olive oil, arrange on baking tray. Sprinkle over cinnamon, nutmeg and pepper
3. Bake for 40 mins or until pumpkin is softened. Remove from oven, leave vegetables on tray to cool
4. Scrape pumpkin flesh and garlic from their skins into a large pot. Add apple, onion and stock
5. Bring to the boil, reduce heat to low and cook for a further 15 mins
6. Blend until smooth. Serve with a dollop of light sour cream.

