

Pumpkin Soup

Pumpkins aren't just good for making lanterns. Pumpkin flesh is low in fat, high in fibre and contains vitamin A. Use it to make this delicious sweet and spicy soup and serve with fresh bread – try making your own using the recipe on our website.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (343g):

Energy 277kJ 66kcal 3%	Fat 3g 4%	Saturates 0.4g 2%	Sugars 6.3g 7%	Salt 0.33g 6%
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of an adult's reference intake.
Typical values per 100g: energy 81kJ/19kcal.

Equipment

Weighing scales
Large metal spoon
Chopping board
Sharp knife
Vegetable peeler
Measuring spoons
Large saucepan
Wooden spoon
Kettle
Measuring jug
Blender
Bowls, mugs or flask to serve

Ingredients

Serves 6
1 pumpkin
1 apple
2 medium onions
1 potato
1 x 15ml spoon of vegetable oil
Black pepper (optional)
1 x reduced-salt vegetable stock cube
570ml boiling water
1 x 5ml spoon ground cumin

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tips

When blending hot soup the pressure can build up inside the blender, which is why it is very important to follow 3 rules:

- Never fill the blender more than half full.
- Always cover the lid with a thick tea towel.
- Always hold the lid down when the blender is on.
- Swirl a 5ml spoon of natural low-fat yoghurt or reduced-fat crème fraîche into your serving of soup.

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Method

1. Scoop out the flesh of the pumpkin, remove the seeds and chop into 2cm pieces. You will need about 650g of chopped pumpkin for the soup.
2. Peel the apple, onions and potato and chop into 1–2cm pieces.
3. Heat the oil in the large saucepan and cook the onion, apple and potato for 5 minutes on a gentle heat until they start to soften.
4. Add the pumpkin and cook for a further 5 minutes.
5. Measure the boiling water using the measuring jug. Crumble in the stock cube and stir to dissolve. Pour the stock into the saucepan and add the cumin.
6. Bring the soup to the boil and then simmer for 30 minutes.
7. Season with black pepper to taste (if using), take off the heat and then carefully blend the soup until smooth.
8. If your soup is too thick, add a little boiling water.
9. Serve in bowls, mugs or a flask.

Something to try next time

- Use up dry bread and make some croutons to serve with your soup. Simply break your bread into bite-sized pieces and place on a baking tray in a hot oven (200°C/180°C fan or gas mark 6) for 15–20 minutes. Add some black pepper or grated Parmesan cheese for a tasty crunchy crouton. Sprinkle the croutons onto your soup just before serving.

Prepare now, eat later

- Chill in the fridge for up to 2 days and reheat until piping hot.
- Freeze in a plastic container or freezer bag for up to 2 months. Defrost before reheating, adding a little water or milk if too thick.

Skills used include:

Measuring, peeling, chopping, blending, boiling/simmering and frying.