



Curried Pumpkin Soup

This soup is so delicious that it's worth doubling the quantities for leftovers that can be stored in the freezer. Simple, yet so tasty!

Serves 4

Ingredients

- 2 medium onions, finely chopped
- 2 garlic cloves, finely chopped
- 2 tsp curry powder
- 1 tbsp olive oil
- 900g pumpkin, cubed
- 2 carrots, finely chopped
- 800ml vegetable stock
- 4 tbsp low-fat natural yoghurt



Method

1. Put a large, deep frying pan over a medium heat. Add the olive oil, garlic, onion and curry powder and stir for approximately a minute
2. Add the pumpkin and carrot and heat for a further 10 minutes, mixing occasionally
3. Transfer everything into a saucepan. Add 800ml vegetable stock and simmer for approximately 15 minutes, or until the pumpkin has softened
4. Once softened, blend until smooth. Serve into 4 bowls and top each with a tbsp. of low-fat natural yoghurt

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