

# HOMEMADE SPICED PUMPKIN & SWEET POTATO SOUP

**Loren C Dietitian ©**

## INGREDIENTS

- 2 Butternut Pumpkins
- 1 Sweet Potato
- 4 Carrots
- 2 Brown Onions
- 1 Garlic Clove
- 2 Tablespoons Curry Paste
- 1 Litre Reduced Salt Chicken Stock
- 1 Can Low Fat Coconut Cream

## METHOD

- Peel pumpkin, sweet potato, carrots and onion and chop them into large chunks
- Chop the garlic finely
- Add garlic and onion to the pot (use a bit of oil)
- Add curry paste and stir until onion is soft
- Add the remaining vegetables and stir to coat them in the curry paste
- Add the chicken stock, turn the burner down low, put a lid on the pot, and cook for 20-30 minutes (or until vegetables are soft)
- Once soft allow the soup to cool
- Puree the vegetables in a blender and then stir through the coconut cream

Note: Curry paste can be reduced to 1 tablespoon should you prefer less spice!

Serves 6