

# Curried pumpkin soup

Give your soup some heat with this winter warmer. Pop some in a flask for when you need it.



Serves: 4

Time: 55 minutes

## Ingredients

- 2 tablespoons olive oil
- 1 large onion, finely chopped
- 1 tablespoon mild curry paste
- 1 kilogram pumpkin, peeled, deseeded and chopped
- 1 litre low-salt vegetable stock
- 200ml low-fat natural yoghurt
- Chopped chives, to garnish
- Ground black pepper

## Method

1. Heat the oil in a large non-stick saucepan and cook the onion over a medium heat for 5 minutes until it's soft.
2. Add the curry paste and pumpkin and cook for another 2-3 minutes. Then add the stock and simmer for 20 minutes or until the pumpkin's tender

3. Let the mixture cool a little and then put it into a blender and blend until smooth.
4. Return it to the pan, heat thoroughly and stir in the yoghurt. Add ground black pepper and decorate with chives.

## Nutritional Information

Each serving provides	Amount in grams
Energy	727 kilojoules/174 kilocalories
Fat	9.3
Saturates	1.5
Sugar	12.2
Salt	0.45

Typical values per 100g: Energy 116kJ/28kcal.

The nutritional information stated above is based on each serving of Curried Pumpkin Soup and excludes accompaniments.

Read more on our [Healthy recipes page](#).