

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](#).