

Healthy Pumpkin Soup

Ingredients

1 tablespoon Olive oil

1 Onion chopped

1kg Pumpkin flesh, chopped (alternatively use butternut squash)

1 Carrot

3 sprigs of fresh Rosemary

4 cups of chicken stock or 4 cups of vegetable stock

3 bay leaves

1 cup of skimmed milk powder



Directions

1. In a large saucepan, heat olive oil and gently cook onion without browning, for 3-4 minutes.
2. Add pumpkin, carrot and rosemary and cook, stirring for 2-3 minutes.
3. Add stock and bay leaves.
4. Bring to the boil, cover and simmer for 12-15 minutes until vegetables are tender.
5. Remove any rosemary stalks and bay leaves.
6. Place a third of the soup in the blender with a third of the skimmed milk powder and puree.
7. Pour into a large bowl.
8. Repeat with the remaining soup and milk powder and pour the whole lot back into the saucepan, heat through and serve.
9. For vegetarian use vegetable stock.