

# Pumpkin soup

Serves 6

## Ingredients

- 1 tablespoon olive oil
- 1 onion, diced
- 1kg Kent pumpkin, peeled, chopped
- ½ teaspoon ground cumin
- ⅓ cup yellow split peas
- 1 litre vegetable stock, salt reduced
- 1 x 400g can reduced fat evaporated milk



## Method

1. Finely dice onion. Peel and chop pumpkin.
2. Lightly spray a large pot with oil. Add onion and sauté until soft. Add cumin and cook, stirring, for 30 seconds.
3. Add pumpkin, yellow split peas and stock, stir to combine. Cover and bring to the boil.
4. Reduce heat and simmer for 25 minutes or until the pumpkin and split peas are tender. Stir through evaporated milk.
5. Blend using a food processor or stick mixer, until soup is smooth and creamy.

NUTRITION INFORMATION		
Servings per recipe: 6		
Average serving size: 433g		
	Per serve	Per 100g
Kilojoules (kJ)	811	187
Protein (g)	10.9	2.5
Total fat (g)	2.3	0.5
- Saturated fat (g)	1.1	0.3
Carbohydrates (g)	30.1	7.0
- Sugars (g)	21.5	5.0
Fibre (g)	6.0	1.4
Sodium (mg)	735	170

This recipe meets the **GREEN** criteria in the National Healthy School Canteen Guidelines.