

# Eat a Rainbow Recipes

## ORANGE

### Pumpkin Soup

Serves 4

#### Ingredients:

- 1 medium brown onion, chopped
- 1 clove garlic, crushed
- 1 tablespoon olive oil
- 750 grams pumpkin, peeled and cubed
- 1 large potato, peeled and cubed
- 4 cups vegetable or chicken stock
- ¼ cup low-fat natural yoghurt

#### Equipment:

- Chopping board and knife
- Vegetable peeler
- Large saucepan
- Serving bowls and spoons

#### Method:

1. Heat oil in a large pot and cook onion and garlic over low heat until onion is translucent.
2. Add pumpkin, potato and stock and bring to the boil. Reduce heat and simmer for 20 minutes or until pumpkin is tender.
3. Remove from heat and cool slightly. Puree in a blender until smooth.
4. Add yoghurt to serve.

If the soup is too thick add a little low-fat milk to make desired consistency.

#### Variation:

Replace yoghurt with ¼ cup reduced-fat coconut milk and heat through. Sprinkle with coriander.