

PUMPKIN SOUP

Ingredients:

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

Directions:

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

Serves: 4

