

Pumpkin, Carrot & Ginger Soup (G/F VG D/F)



This weeks feature recipe has been contributed by Tristen Van De Kley from Balanced Body Nutrition. Thanks Tris, we love sharing your recipes.

"Pumpkin soup is such an Autumn (or any time of the year) favourite. It's quick, easy, and nourishing and provides powerful antioxidants. The added carrot, ginger and Australian Extra Virgin Olive Oil not only give it a refreshing taste, but add some great health benefits and aid liver cleansing and detox. Pumpkin soup is perfect for a light meal or entree. If I'm having this as a main meal, I sometimes fill it out with a serve of shredded chicken and top with pumpkin seeds for a protein hit and well balanced meal" Love, Tris

Serving Size: 4

Ingredients:

1kg Kent pumpkin (chopped)

4 carrots (diced)

1 small brown onion (finely chopped)

1 clove of garlic (finely chopped)

4cm knob fresh ginger (finely chopped)

1 litre water

2 tablespoons Australian Extra Virgin Olive oil

1 teaspoon ground turmeric

1/4 teaspoon ground cumin

1/4 teaspoon ground cinnamon

Sea salt & cracked black pepper to season

Fresh parsley & pepitas to serve.

Method:

1. In a saucepan, saute the onion, garlic and ginger with olive oil on low-medium heat for 3-4 minutes until softened and fragrant.
2. Add in chopped pumpkin and carrot, turmeric and cumin and saute for a further 8 minutes.
3. Add in water, turn up the heat and bring to a gentle boil. Cover with a lid and gently boil for 10 minutes until pumpkin and carrot have softened and cooked through.
4. Blend in a food processor or blender until smooth (depending on size, you may have to blend in batches).

Add salt and pepper to taste, then serve up with fresh parsley, pumpkin seeds and a drizzle of Extra virgin olive oil.

Gluten Free | Dairy Free | Refined Sugar Free | Vegan

Another favourite from Tristen is her Gluten, Dairy and Sugar free No Bake Paleo Nut Bar.