



Pumpkin & Red Lentil Soup

Makes: 4 litres

Serves: 8x 2 cups

Ingredients:

2 medium onions, peeled & chopped	(300g)
2 cloves garlic, peeled & chopped	(10g)
8 cups diced pumpkin, (peeled)	(1.5kg)
2/3 cup red lentils	(140g)
½ tsp turmeric powder	(1.3g)
½ tsp ground cumin	(1g)
½ tsp ground coriander	(1g)
1 tsp salt	(5.5g)
1 Massel stock cube	(10g)
6 cups water	(1.5L)
½ cup coconut cream or 1-2 cups milk of your choice	(125-500ml)

Method:

1. Place all ingredients, except coconut cream or milk in a large saucepan and simmer until tender (about 20 minutes). Stir periodically to prevent sticking on the bottom.
2. Blend until smooth, adding coconut cream or milk if a creamy soup is desired.
3. Garnish with chopped parsley or croutons.