Chickpea pumpkin soup

Preparation time
10 minutes

Cooking time
35 minutes

Serves
4-6

Recipe courtesy of
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Ingredients Method Nutrition

¼ large Kent pumpkin (1kg, peeled and cut into 2cm small cubes)

2 tbsp olive oil

2 tsp cumin

1 large onion (diced)

4 garlic cloves (peeled & crushed)

3 cups salt-reduced vegetable stock

1 tin chickpeas

1 tin evaporated milk

salt & pepper

serving suggestion: toasted wholemeal bread (not included in Nutrition Information Panel)

1. Preheat fan-forced oven to 190°C.
2. Spread pumpkin cubes onto a baking tray and drizzle with 1 tablespoon of olive oil, tossing to coat. Bake for 30 minutes, or until soft.
3. Meanwhile, drizzle the remaining oil into a large pot. Add the onion and stir for 2 minutes over medium heat. Add garlic and cumin, and stir for another 1 minute.
4. Add the stock and chickpeas and leave to simmer on low heat, uncovered.
5. Once pumpkin is cooked, add to the pot. Use a stick blender to roughly blitz the soup. Add ½ tin of evaporated milk, and continue blitzing until soup is smooth and creamy. Add the remainder of the tin if needed.
6. Season with salt and pepper to taste, and serve with wholemeal bread.

Nutritional information is provided per serve

Engery	1056kJ (252 calories)
Protein	12g
Saturated Fat	2g
Total Fat	9g
Carbohydrates	26g
Sugars	14g
Dietary Fibre	8g
Sodium	434mg