

Date Prepared

# PUMPKIN SOUP



GEORGES RIVER  
LIFE CARE

## NUTRITIONAL INFORMATION

### Serves 6

Energy	985kJ
Fat saturated	6g
Fat Total	15g
Carbohydrate	18g
Protein	5g

## INGREDIENTS

- 2 Tablespoons Olive Oil
- 1 medium onion finely chopped
- 1 Garlic clove finely chopped
- 1/2 teaspoon ground coriander
- 1 teaspoon cumin
- 1/2 teaspoon ground nutmeg
- 1kg peeled pumpkin diced
- 1 large potato peeled and diced
- 1 litre of chicken or vegetable stock

## FREEZING INFORMATION

To freeze: Once cooled, freeze for up to 3 months

To thaw: place in fridge for 8 hours or until thawed

To reheat: Pour contents into saucepan and reheat through or microwave in container covered until heated through.

Caution contents may be very hot.

## METHOD

1. Heat oil in a large saucepan over low heat, add onion and garlic and cook for 2-3 minutes, until softened but not coloured.
2. Add spices and cook, stirring, for 30 seconds.
3. Add pumpkin, potato and stock and bring to the boil. Turn heat to low, cover and simmer for 30 minutes.
4. Allow to cool slightly, then blend in batches.
5. Pour into containers and refrigerate immediately, freeze once cooled

**Please fix this label to the top of the tray**