

Pumpkin Soup



Recipe classification	ACT	NSW	NT	QLD	SA	TAS	VIC	WA
	Green	Everyday	Green	Green	Green	Green	Green	Green

PREP/COOKING TIME: 35 MINUTES

BASED ON: 10 SERVES

INGREDIENTS

	SERVES 10	SERVES 25	SERVES 50
Medium pumpkin	¼	1	2
Large sweet potato	½	1	2 ½
Brown onions	1	2 ½	5
Potatoes	1 ½	4	7 ½
Water	1.25 L	3.1 L	6.25 L
Chicken stock powder	1 ½ Tbsp	4 Tbsp	8 Tbsp
Minced ginger	1 tsp	2 tsp	4 tsp
Reduced fat milk	½ cup	1 ¼ cups	2 ½ cups

METHOD

1. Peel and roughly chop all vegetables, place in pot
2. Add water, chicken stock powder, and ginger
3. Cook until soft (approximately 15-20 minutes), then puree
4. Add reduced-fat milk