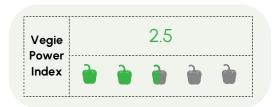
Pumpkin Soup







2 ½ cups

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

1 1/4 cups

BASED ON: 10 SERVES

PREP/COOKING TIME: 35 MINUTES

INGREDIENTS SERVES 10 SERVES 25 SERVES 50 1 Medium pumpkin 1/4 2 1/2 2 1/2 Large sweet potato 2 1/2 5 1 Brown onions 4 7 1/2 **Potatoes** 1 1/2 1.25 L 3.1 L 6.25 L Water 4 Tbsp 8 Tbsp Chicken stock powder 1½ Tbsp Minced ginger 1 tsp 2 tsp 4 tsp

½ cup

METHOD

Reduced fat milk

- 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