

# PUMPKIN SOUP



This week's recipe of the week has been shared by Elle Spence of [My Country Table](#). A warming Pumpkin Soup recipe with zesty ginger and a hint of curry powder to nourish you as the weather gets cooler.

## Ingredients

1 *Brown Onion*, roughly diced  
1 *Celery Stalk*, roughly diced  
2 *Carrots*, cut into chunks  
1/4 Piece *Large Ripe Kent Pumpkin*, peeled and cut into chunks  
1tsp *Ginger*, grated  
1/2 *Lemon*, juice & grated rind  
1 *Bay Leaf*  
1 *Vegetable Stock Cube*  
1tsp *Curry Powder*  
1/2tsp *Chilli Flakes*  
*Pepper & Salt*  
*Olive Oil*

## Method

Heat a large soup pot or cast iron pot with olive oil. Add your onion, celery & carrot and sauté until brown and starting to caramelize. This step is important for flavour so the more colour on the veg the tastier it will be.

Add in your curry powder, bay leaf, ginger, lemon rind and sauté for a minute. Add in your pumpkin, stock cube, pepper, salt, chilli and enough water to just cover the pumpkin.

Reduce heat to low, pop a lid on the pot and simmer for 20-30 mins or until vegetables are falling apart. Add your lemon juice and remove from heat.

Allow to slightly cool then blend using a stick blender or a regular blender.

Once smooth serve straight out of the pot with toppings such as coconut yoghurt, fresh herbs, olive oil and a side of crispy gluten-free garlic bread. Yum!

**Plant-based | Gluten-Free | Sugar-free**