



PUMPKIN SOUP

GREEN HOT FOODS



SUMMARY

Number of Serves	10
Total Cost of Ingredients	\$ 7.80
Cost price per Serve	\$ 0.78
Selling price per Serve	
Source of recipe	Good for Kids Team
Last reviewed	March 2014

INGREDIENTS

QTY

COST

INGREDIENTS	QTY	COST
Olive Oil	1 tbsp	\$ 0.15
Brown onion, diced	2	\$ 1.10
Pumpkin, cubed (3x3cm)	1 kg	\$ 2.70
Potato, cubed (3x3cm)	3	\$ 2.30
Carrot, cubed (3x3cm)	2 large	\$ 0.70
Reduced salt vegetable stock powder	3 tsp	\$0.25
Garlic finely chopped or crushed	5 cloves	\$0.60
Water, enough to cover vegetables	Approx 8 cups	

METHOD

1. Sauté the onions & garlic in olive oil until soft.
2. Add all the vegetables and sauté for a couple of minutes.
3. Add water & stock cubes.
4. Cover & bring to the boil.
5. Reduce heat to medium-low & simmer for 20mins or until vegetables are tender.
6. Turn off heat & let cool slightly.
7. Blend until smooth in a blender or with a stick blender & serve in Styrofoam cups.

NUTRITION (PER 100 GRAMS)

Energy (kJ) 110

Saturated Fat (g) 0.2

Sodium (mg) 54

NOTES

- For a creamier soup, add reduced fat milk (1/2 cup of milk/2 cups soup) when blending.

