

Week 2: Diet

Wednesday: Pumpkin soup



Pumpkin is one of the favorite vegetables in autumn due to its wide range of preparation methods. You can use it for quiche or curry, prepare it in the oven, process it to purée or put it on top of your salad. There are no boundaries. One of the all time favorite pumpkin recipes is pumpkin soup. The recipe below is easy, quickly prepared and vegan. Enjoy cooking and *bonne appetit!*

Ingredients for 4 plates:

- 500 g pumpkin (for example: Hokkaido)
- 1 onion
- 2 garlic clove
- 10 g ginger
- 1 liter vegetable stock
- 100 ml coconut milk
- ½ pepper
- ½ teaspoon paprika powder (optional)
- ½ teaspoon curkuma powder (optional)
- 3 tablespoon pumpkin seed (optional for decoration)
- ½ bunch of fresh herbs (optional for decoration)

1. Peel pumpkin when needed (if you use hokkaido you can eat the shell as well) and cut in small cubes.
2. Peel onion, garlic and ingwer, chop everything and steam with a little vegetable stock in a pot.
3. After a few minutes add pumpkin cubes and brown for a moment.
4. Add vegetable stock until the vegetable is covered with the stock.
5. Steam for 5 to 10 minutes until all ingredients are soft.
6. Add coconut milk and puree finely with an immersion blender.
7. Put soup in bowls and decorate with toppings.

