



Roasted Pumpkin Soup

About this recipe

This is a great way to make a few ingredients go a long long way. By adding the beans, it is full of protein and very filling. Coconut cream makes it super flash and children absolutely love it.

Ingredients

1 onion (chopped)

Garlic - 4 cloves or more if you like

One heaped tablespoon of curry powder

2 tablespoons of finely grated fresh ginger

Half a large, or one med whole pumpkin - roasted whole with skin on and seeds in. Easy!

One tinned crushed tomatoes

One tin of cannellini beans - or baked beans at a pinch

About 8 cups full of water or stock

One tin of coconut cream (optional)

Salt and pepper

Method

1. Fry the onion, spices and garlic, and ginger and salt and pepper. Add tomatoes when onions are done . Cook on a low heat for about 10 mins.
2. When your pumpkin is soft from tasting, let it cool slightly. Peel off skin with fingers and scoop out seeds. Easy!
3. Blend pumpkin, beans, water and onions all together- you will have a very thick soup so you`ll need a lot of water/stock. Put back on heat and add half or whole can of coconut cream. Check flavours, may need more salt.
4. Serve with bread and some chopped herbs like coriander, mint or parsley.

With love from He Puawai Trust and Te Awa Kairangi Kai Collective team. For more information please contact [Debbie stokesvalleykai@hepuawai.com](mailto:Debbie.stokesvalleykai@hepuawai.com)