

Pumpkin-Ginger-Curry-Soup

Yields about 1850 g of creamy, hot soup

Ingredients

- 400 g Hokkaido pumpkin
- 250 g carrots (2 big carrots)
- 400 g potatoes
- 1 medium-sized onion (about 50 g net weight)
- 2 tsp rapeseed oil
- 1250 ml water
- 2½ tbsp vegetable powder
- 1 tbsp curry powder
- 1 g ginger (1 x 1 cm)
- ¼ tbsp black pepper, freshly ground
- ¼ tbsp salt

Method

- Cut pumpkin into cubes (about 2-3 cm) and remove seeds.
- Cut carrots and potatoes into small pieces (5 mm - carrots and 1.5 cm - potatoes).
- Peel and cut the onion.
- Fry the onion with olive oil for 2 minutes.
- Mix vegetable powder with boiled water.
- Add pumpkin, carrots and potatoes to the onion and fry them together (2 mins).
- Add some curry powder.
- Add fried ingredients to the water with vegetable powder and cook for 30 minutes without lid.
- Cut ginger into small pieces.
- Add ginger, pepper and salt to the soup.
- Puree the soup with a hand blender.

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