

# Pumpkin Soup



Portions  
**8**

**Preparation time:** 2hrs 10 minutes

**Cooking time:** 20 minutes

## Equipment needed

A blender/ food processor  
Large bowl

Cutting knife  
Large saucepan

## Ingredients

|                                   |                         |
|-----------------------------------|-------------------------|
| 1kg pumpkin, diced into 1cm cubes | 2 tsp cumin             |
| 2 tbsp olive oil                  | 500ml semi-skimmed milk |
| 1 brown onion, chopped            | 250ml water             |
| 2 tsp dried coriander             |                         |

## Method

1. Place the diced pumpkin into a large bowl with enough water so that it is completely covered. Soak for a minimum of 2 hours.
2. Once soaked, discard the water and rinse the diced pumpkin with fresh water. Place on a paper towel and pat dry. This process has helped to remove a lot of the potassium from the pumpkin.
3. Heat 2 tbsp olive oil in a large saucepan. Add in the chopped onion, dried coriander and cumin and cook until the onions are soft.
4. Add in the diced pumpkin and stir until fully coated in the spices.
5. Pour in the semi-skimmed milk and extra water. Bring to a boil, then reduce and simmer until the pumpkin has softened – approximately 5 minutes.
6. Pour the soup into a blender or food processor and purée until smooth.
7. Serve and enjoy!



| Nutritional Information | Per portion | Per 100g  |
|-------------------------|-------------|-----------|
| Energy (kcal)           | 86          | 41        |
| Protein (g)             | 3.4         | 1.6       |
| Potassium (mg/mmol)     | 302 / 7.6   | 143 / 3.6 |
| Phosphorus (mg/mmol)    | 89 / 2.8    | 42 / 1.3  |
| Sodium (mg/mmol)        | 28 / 1.2    | 14 / 0.6  |
| Calcium (mg/mmol)       | 122 / 3.1   | 58 / 1.5  |

**Always check with your dietitian or doctor that this recipe is suitable for you.**

This recipe has been specifically designed for the dietary management of kidney disease and has been analysed using Nutrimen dietary analysis software. Refer to labels for allergen and other product information.