

Sweet Potato & Pumpkin Soup

Great seasonal speciality of mine ideal for bringing a little colour to a rainy day.

Make enough for 3-4 days, if you have room keep in the fridge in plastic container or store in freezer.

1 medium size Pumpkin

1 large sweet potato

1 large onion

1 large Carrot

Teaspoon Chilli Flakes

1 tin coconut milk (half pint carton Kara coconut milk)

1 small tin Chopped Tomatoes (optional)

2 cloves fresh garlic

Plus

Rock salt, Sea salt (Himalayan Crystal Sea Salt)

One pint hot Vegetable Stock cube (Kallo or Boullion)

Black pepper

Nutmeg

Extra virgin coconut oil or organic butter

One half fresh lemon or orange juice

Cooking

- Put 2 tablespoons oil + one knob (25g) butter in a large stockpot chop onion, Sweat for approximately 5 minutes
- Prepare the Pumpkin, Carrot and sweet potato by quartering and peeling then chopping into cubes
- Add pumpkin, carrot and sweet potato and cook on low heat for another 10 minutes, until just cooked
- Pour in vegetable stock
- Simmer for another 5 minutes
- Remove from heat then blend to suit your taste (stick blender works best)
- Return to the pan and add your tomato, coconut milk, citrus juice
- Add seasoning including minced garlic and chilli flakes, nutmeg
- Serve with fresh wholemeal pitta, garnish with parmesan shavings and pumpkin seeds

This will make enough for 3-4 days and keep in fridge. Can be frozen if necessary

This is a real high nutrient recipe with Lutein rich foods phytonutrients and healthy fats.