

Pumpkin and Ginger Soup

(serves 4)



Per Serve:

Calories:	82.73	Saturated fat:	2.31g
Protein:	20.95g	Cholesterol:	44.73mg
Carbohydrates:	50.92g	Sodium:	191.92mg
Total Fat:	6.67g	Fibre:	6.96

Ingredients:

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|---------------------------------|----------------------------------|
| 1 tbs canola oil | ¼ teaspoon dried oregano |
| 1 medium red onion diced | 2 small carrots (peeled/diced) |
| 1 large stalk celery, chopped | 3 cups pumpkin pieces- bite size |
| 2 bay leaves | 3 tbs chopped fresh ginger |
| ¼ teaspoon dried thyme | 4 cups water |
| ¼ teaspoon cracked black pepper | |
| ½ teaspoon cinnamon | |

Method:

Heat up a pot with the oil and once at medium to high heat, fry off the onions and celery and cook till transparent (clear), do not brown. Add the bay leaves, thyme, oregano, carrots, pumpkin, ginger and water. Bring to the boil and turn the heat down to medium and cover. Simmer till the vegetables are cooked and soft (25 to 30 minutes). When cooked, remove the bay leaves and put through a blender till smooth. Add in the cinnamon and cracked pepper and serve. You may want to cut up some unbuttered toast and sprinkle on the top.