

Pumpkin Soup



0 kcal

Serving 4

30 Mins

Pumpkin Soup

★★★★★ (0)

Calories 0 kcal

Protein Serves 1.00

**Carbohydrate 12.5
grams**

**Cholesterol 0
milligrams**

Fat 0 grams

Fiber 0 grams

Protein 0 grams

Ingredients

4 slices Bacon (diced)

1 cube Chicken Stock

0.33 cup Cream

80 g Onions (chopped)

10 g Parsley (fresh, to garnish)

600 g Pumpkin (cut into cubes)

2 g Salt and Pepper (to season)

500 ml Water

Instructions

1. Place pumpkin, onion and stock cube in a saucepan with water. Cover with lid and bring to boil. When boiling, remove the lid and cook for 15 minutes until pumpkin is soft.

2. When the soup is cooked, using hand blender, blend vegetables and remaining liquid until smooth.

3. Place diced bacon in non-stick pan and cook, stirring until crunchy.

4. Return soup to saucepan, add cream, and gently heat to a slight simmer.

5. Place your pumpkin soup in serving bowls and sprinkle with the bacon. Garnish with parsley and season with salt and pepper. Enjoy while nice and hot.