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Roast Pumpkin Soup with Yoghurt & Chives

Is there anything better, when the cold sets in, than creamy, sweet pumpkin soup? Well actually, there is. There's this pumpkin soup, which has the addition of fresh chives and freshly baked herb rolls. You won't believe how rich and creamy the added cannellini beans make this treat.



Prep: 10 mins
Cook: 40 mins
Total: 50 mins



level 1



high fibre



one pot wonder

Pantry Items



Olive Oil



Hot Water



Pumpkin



Bake-At-Home
Bread Rolls



Brown Onion



Garlic



Cumin



Cannellini Beans



Greek Yoghurt




Chives

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2P	4P	Ingredients
1	2	pumpkin, skin removed & cut into 3 cm pieces 
1 tbs	2 tbs	olive oil *
2	4	bake-at-home bread rolls
½	1	brown onion, finely chopped 
1 clove	2 cloves	garlic, peeled & crushed 
2 tsp	1 tbs	cumin
1 L	2 L	hot water *
1 tin	2 tins	cannellini beans, drained & rinsed
½ tub	1 tub	Greek yoghurt 
1 bunch	2 bunches	chives, finely chopped

 Ingredient features in another recipe

* Pantry Items

 Pre-preparation

Nutrition per serve

Energy	1900	Kj
Protein	18.5	g
Fat, total	12	g
-saturated	3.1	g
Carbohydrate	60.7	g
-sugars	25.4	g
Sodium	462	mg



You will need: *chef's knife, chopping board, garlic crusher, sieve, oven tray lined with baking paper, large saucepan and a stick blender.*

1 Preheat the oven to **200°C/180°C** fan-forced.

2 Toss the **pumpkin** in half of the **olive oil** and place in a single layer on the prepared oven tray. Season with **salt** and **pepper**. Cook in the oven for **35 minutes** or until tender. Add the **bake-at-home bread rolls** in the last **5 minutes** until warm and crusty on the outside.

3 Meanwhile, heat the remaining olive oil in a large saucepan. Add the **brown onion** and cook, stirring, for **5 minutes** or until soft. Add the **garlic** and **cumin** and cook for a further **1 minute** or until fragrant. Add the **hot water** to the saucepan and bring to the boil. Reduce to a simmer and transfer the roasted pumpkin and the **cannellini beans** to the saucepan. Using a stick blender, blend the mixture into a smooth pumpkin and white bean puree. Season to taste with salt and pepper.

4 To serve, divide the soup between bowls. Top with the **Greek yoghurt** and **chives**. Enjoy it with the crusty bread rolls.



Did you know? Pumpkins were once recommended as a cure for freckles!