

Vegan Pumpkin Soup (Gluten-Free)

2191.00g / Portions: 8 / Per Portion: 273.88g

It's that time of year where we bring out the pumpkin recipes and here's one that's vegan and Gluten free! - <https://avocadopesto.com/vegan-pumpkin-soup/>

Ingredients

Item	Qty	Unit
Olive Oil	1	tbsp (15g)
Onion	25	g
Pumpkin	928	g
Garlic	4	Clove
vegetable broth	960	g
Coconut Milk	228	g
Rosemary	15	g


Total Cost

Timing

Prep Time:	00:05
Cook Time:	00:25



Allergens

Celery  (vegetable broth)

No allergens present

Nutrients	Portion	100g
Energy	359.60kcal	131.30kcal
Salt	42.01g	15.34g
Fat	8.06g	2.94g
Saturated fat	4.14g	1.51g
Carbohydrate	61.45g	22.44g
Sugar	41.98g	15.33g
Protein	10.35g	3.78g
Fibre	1.99g	0.73g

Method

1. Heat oil in pot over medium heat. Add onion and cook for a few minutes until translucent. Add pumpkin and garlic and continue to cook for a few more minutes.
2. Add rosemary and vegetable broth. Bring to a boil, reduce heat to low and simmer until pumpkin is soft and cooked through. Add salt to taste.
3. Puree soup in a blender (in batches) and return to the pot.
4. Add coconut milk and simmer for another minute or two.
5. Serve garnished with toasted sliced almonds, a drizzle of olive oil and fresh rosemary.