

Red Lentil and Pumpkin Soup

Recipe provided by Corrina Beal from Umina Child Care Centre

Serves 50 as a snack

\$0.62* per serve



Ingredients

1-2 tablespoons olive oil
2 onions, finely diced
4 garlic cloves, crushed
4 teaspoons ginger, grated
2 tablespoons curry powder
2 kg pumpkin, peeled and cut into small pieces
2 kg sweet potato, peeled and chopped
3 cups red lentils, rinsed
4 litres vegetable stock, salt-reduced
2 cans (400ml) light coconut cream
Fresh coriander (optional)

Directions

1. Heat oil in a large saucepan over medium heat.
2. Add onion and cook without browning for 5 minutes.
3. Add garlic, ginger and curry powder and cook for a further minute.
4. Add vegetables, stock, lentils and extra water to cover.
5. Bring to the boil and simmer for 30 minutes or until vegetables are soft and lentils are cooked.
6. Allow to cool slightly then puree with a stick blender.
7. Add coconut cream and blend again until smooth.
8. Garnish with finely chopped coriander (if desired).

To serve:

Serve as a warming afternoon tea in bowls or mugs with wholemeal toast fingers.

Helpful hints:

Separate ingredients over two pots to make it quicker. You can add a dollop of plain yoghurt when serving.

nutrition notes

Food groups per child serve: 1 serve of Vegetables, 0 serves of Fruit, 0 serve of Breads & Cereals (serve with bread to provide this food group), <1/3 serve of Meat & Alternatives, 0 serve of Dairy.

Extra iron containing foods in this recipe: legumes.

*Pricing is based on using brand name products and is correct at time of printing. Using home brand products and items on special will help to reduce the cost