



Pumpkin and Cauliflower Soup

Serves 4

(Only 337KJ (81 calories)/serve serve)

(This recipe is from the *Australian Healthy Cooking Guide* recipe book, written by Caron Milham)

500g pumpkin, peeled
 1 large onion, chopped
 1 cup chopped cauliflower
 ½ teaspoon curry powder
 ½ teaspoon cumin
 1 tablespoon dried chives
 2 cups chicken stock

- 1 Place the vegetables into a saucepan or casserole dish with all the other ingredients.
- 2 Cook until the vegetables are soft.
- 3 Purée in a blender for a smooth consistency. Reheat gently before serving.

Tip: I always make double the recipe to save time and have more for later. This recipe also freezes well.

Chooz to Looz program 1 Serve = Free

Per Serve including Vegetables	
KJ (cal)	337 (81)
Fat	0.9g
Saturated Fat	0.5g
Carbohydrate	12.5g
Protein	4.2g
Sodium	624mg

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