



# Pumpkin cream soup

Total: 42 min · Prep: 14 min · Cook: 28 min · 1 servings · Easy · Dinner

Vegetarian

Gluten-Free

## INGREDIENTS

150 g Pumpkin

30 g Carrot

50 g Potato

25 g Onion

10 g Garlic

10 g Grated ginger

10 g Butter

125 ml Water

50 ml Cream 10%

1 g Smoked paprika

5 g Pumpkin seeds

5 g Dried cranberry

## INSTRUCTIONS

- 1 Dice pumpkin, carrot, potato and onion.
- 2 Melt butter in a pot, saute onion until golden.
- 3 Add minced garlic and grated ginger, fry for 1-2 more minutes until fragrant.
- 4 Add diced vegetables, cover with water and cook until soft (about 20 minutes).
- 5 Blend the soup until creamy.
- 6 Add cream, paprika, salt and pepper, bring to a boil but don't let it boil. Stir.
- 7 Serve hot, garnished with pumpkin seeds and cranberries or sun-dried tomatoes.

**Nutrition per serving:** 293 kcal · Protein **6.0 g** · Fat **16.0 g** · Carbs **37.0 g** · Fiber **4.3 g**