

Nutritious & Delicious Soup Recipes



Pumpkin, Sage & Apple Soup

Ingredients (serves 10 x 300ml Portions)

1.5 tbsp olive oil
3 medium onions, peeled and chopped
2 cloves garlic, peeled and crushed
800g pumpkin, skinned, seeded and cubed
300g (3 medium) baking apples, peeled, cored and chopped
6 sprigs fresh sage
salt and pepper
900ml vegetable stock
480ml apple juice

Method

1. Heat the oil in a large saucepan and add the onions and the garlic and cook for 2 minutes.
2. Then add the pumpkin, chopped apples and sage and cook for another 2 minutes.
3. Season and add the stock and apple juice.
4. Bring to the boil and simmer for 15-20 minutes until the ingredients are tender.
5. Liquidise and serve piping hot.

Key Nutrients

Portion	302g	100g	
Calories	81 (kcal)	27 (kcal)	
Nutrients	Per Serving	Per Serving	
Fat	2.3g	0.8g	Low
Saturates	0.3g	0.1g	Low
Sugars	12.5g	4.1g	Low
Salt	0.9g	0.3g	Low
Protein	1.4g	0.5g	–

Low Fat

Allergen Info: Celery