

Ingredients:

Serves 40

- 4 tbsp oil
- 8 medium onions, diced
- 1 tbsp ginger
- 2 tsp curry Powder
- 1.2kg pumpkin cubed
- 8 medium potatoes, cubed
- 6 cups milk or soy milk
- 6 stock cubes
- 8 tbsp chopped parsley
- 2kg plain reduced-fat yoghurt
- Pepper

Equipment

- Saucepan (1 large)
- Chopping board
- Knife
- Wooden spoon
- Measuring cups and spoons
- Blender or Potato masher
- Ladle



Egg Free

Vegetarian

AGHE Food Group Serves

Vegetables = $\frac{3}{4}$

Dairy = $\frac{1}{3}$

Method

1. Heat oil in medium saucepan, add onion, ginger and curry powder. Gently fry for 3 minutes
2. Add pumpkin and potato and cook for 5 minutes, stirring occasionally
3. Add stock, cover and bring to boil. Reduce heat and simmer for 10 minutes
4. Mash and blend mixture until smooth
5. Take off the heat then stir in milk, return to heat briefly to warm
6. Stir in parsley
7. Serve topped with 2 heaped tbsp. reduced fat plain yoghurt (per serve) and season with pepper

Alternative: Serve with a slice of bread or add chicken or chickpeas

Involving the Children

Whilst this snack is cooking, ask children what their favourite vegetable is and why.

Fast Fact

Milk and yoghurt makes this soup a good source of calcium.

Pumpkin is a good source of Vitamin A and other antioxidants