

Creamy Pumpkin Tofu Soup

Prep

10 mins

Cook

20 mins

Portion

Serves 4

Pumpkins are a great source of vitamins A and C, iron and magnesium. Adding tofu to this dish boosts protein content, yet lends the soup a thick, silky texture – the secret to creamy pumpkin soup, without the cream!

A well-balanced diet is key to good health. Click [here](#) to read more!

Ingredients

750 - 900g of pumpkin,
peeled and chopped

4 cloves of garlic,
peeled and crushed

1 large white onion, peeled
and roughly chopped

1 block, silken tofu (~300g)

1.5L stock, vegetable or chicken

3 tbsp of olive oil

Salt and pepper, to season

Instructions

1. Add olive oil to a large pot over medium heat. Stir fry garlic and onion for about 5 mins, or till soft and fragrant.
2. Add chopped pumpkin and cover with stock. Leave it to simmer over medium heat, for about 15 - 20 mins, or till well cooked and soft.
3. Add silken tofu and cook for 2 - 3 mins.
4. Add soup to a blender and blend till smooth. Season with salt and pepper. Serve and enjoy!



Roast the pumpkin with several cloves of garlic and olive oil to create an additional depth of flavour to the soup.