



light pumpkin-leek soup

amount	ingredients
800 gr	Hokkaido pumpkin
230 gr	leek
350 gr	tomatoes
2 piece	Clove of garlic
2 EL	Olive oil
2 EL	butter
1 ½ EL	curry powder
1 pinch	sugar
800 ml	Vegetable stock
100 ml	Orange juice
pinch	salt, pepper und nutmeg
150 gr	leek
6 EL	Chopped pumpkin seed Pumpkin seed oil

preparation:

1. K Halve the pumpkin, remove seeds and cut into pieces.
Clean the leek, halve lengthways and slice.
Peel onion and garlic and finely chop.
Wash the tomatoes, remove the stalk and cut into cubes
2. Heat oil and butter in a large saucepan.
Sweat the leek together with garlic and onion, then dust with the curry powder and sugar, add the pumpkin and simmer softly with the lid closed for about 7 minutes.
3. Add 100ml orange juice and 800ml vegetable stock and bring to a boil.
Then add the tomatoes and bring to a boil again.
Switch the stove down and everything with the lid closed on a medium flame about 20 min.
simmer until the pumpkin is tender.
4. Now puree the soup with the blender and season with salt, pepper and nutmeg.
5. Wash leek longitudinally in half and slice.
Serve hot with fresh leeks, basil, pumpkin seeds and pumpkin seed oil.

***With this simple soup you have a perfect belly warmer that fits perfectly into the colder season.
If you enjoyed my Halloween soup, I look forward to a feedback!***



Lucina's Tipps:



If you want you can also serve the soup in a pumpkin.

To do this, cut off the lid of the pumpkin, carefully spoon out the pumpkin with a spoon, and then simply pour in the soup.



I wish good luck

And buon appetite!

Your Lucina Cucina