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Pumpkin, Cauli, Kale Soup

Ingredients

- 1 tablespoon olive oil
- 3 med onions diced, 5 cloves garlic chopped fine
- 1 tsp Nutmeg
- 15 oz can pumpkin puree or half a butternut cooked in a little water & blended
- 5 mushrooms sliced
- 1 red pepper chopped
- 2 cups baby kale chopped ~ or sub other greens
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 4 cups water & veg stock cube
- 2 cups cauli ~ 1/3 large cauli (cooked in a little water)
- 1 Tablespoon butter
- 1 pkt Tofu... fry slices till golden brown & cut into cubes

Ingredients

1. In a soup pot, add olive oil and lightly brown onions.
2. Add garlic, mushrooms, peppers, nutmeg, salt and pepper ~sauté for a few minutes.
3. Add pumpkin, water & stock cube, kale and continue to cook for a 5 minutes.
4. Cook cauliflower until soft.
5. With stick blender, blend cauliflower with the butter and puree until smooth and creamy.
6. Add Tofu & cauliflower mixture to the soup and mix well. Cook for an additional 2 minutes.

optional extras

broccoli
green beans
parsnip