



Low FODMAP Pumpkin Soup

Ingredients

- 2 kgs pumpkin (Japanese or Kent pumpkin is the best tolerate)
- 1 litre of chicken, beef or vegetable stock (preferably homemade)
- 1 cup of red lentils (optional)
- 3 rashers of bacon
- 1 tsp of cumin powder
- 2 tbsps of garlic infused olive oil
- 2 tbsps of dried chives
- sea salt and pepper to season

Directions

- Cut the skin or peel your pumpkin and cut into small chunks.
- Place the pumpkin, garlic infused olive oil, stock and cumin powder into a large saucepan - the liquid won't quite cover all the pumpkin.
- Bring the saucepan to a boil, uncovered, then reduce heat and let simmer
- While that's cooking, chop up some bacon and fry it separately in a saucepan.
- Remove from heat, add the bacon to the saucepan and use a stick blender or transfer into a blender to pulvarise.
- Season to taste with salt and pepper and chopped parsley if available.

Optional extras to spice things up

- Curried pumpkin soup - stir in a touch of curry powder once you blitz it, add little by little
- Thai red curry - start by sauteing 2 tbsp red curry in 1/2 tbsp oil over medium heat. Cook for 2 minutes until really fragrant, then proceed with recipe from step 2 onwards. You can add some coconut cream and a coriander at the end as well if you like.
- Ginger - saute 1 tbsp finely chopped ginger in 1/2 tbsp oil or butter, then proceed with recipe.
- Lightly spiced - stir in 1/2 tsp each cumin, coriander and smoked paprika
- Turmeric - 1 1/2 tsp each ground turmeric, coriander and 1/4 tsp cayenne pepper