

PUMPKIN & BACON SOUP

Time: 45 minutes

Serves: 6

Ingredients:

1 tablespoon extra-virgin olive oil
1 large onion – diced
1 leek – light portion finely sliced and tops discarded
3 cloves garlic - very finely chopped or crushed
8 thick slices bacon – sliced into matchsticks
2 cups chopped or diced tomatoes with their juice
8 cups pumpkin – peeled and cubed to 1”
1 tablespoon thyme – finely chopped
1 tablespoon parsley – finely chopped
8 cups chicken stock
½ teaspoon - fresh ground black pepper
½ teaspoon kosher salt

Preparation:

Place a large pot containing the olive oil on medium high heat. Add the onion, leek and garlic, stirring occasionally for five minutes.

Add the bacon and continue to stir occasionally for five more minutes.

Put the tomato in the pot and continue to cook for another ten minutes.

Add the pumpkin, thyme and parsley, stirring occasionally for five minutes.

Stir in the stock and turn the heat to high until a boil is reached. Reduce the heat to low and simmer for fifteen minutes.

Stir in the pepper and taste to see if the salt is required. If you are using commercially prepared stock, it'll likely have plenty already.

Remove from heat and serve immediately.

Nutritional Information Per Serving:

Calories: 197
Fat: 10g
Carbs: 21g
Fibre: 5g
Protein: 9g