

## **PUMPKIN SOUP**

Gluten free, with dairy and moderate salicylates

Serves 4

### **Ingredients:**

1 butternut pumpkin

½ leek (white end)

1 Tblsp Ricebran or other allowed oil

1 clove garlic

1 ½ cup prepared elimination vegetable stock (page 37 of the elimination diet handbook)

½ cup cream



### **Method:**

- Slice the leek in half and wash under water to remove the dirt
- Take the skin off the pumpkin and cut into large pieces
- In a large saucepan (with a lid) put the oil, leek and crushed garlic & stir fry about 4 -5 minutes until the leek is transparent.
- Add the pumpkin and 1 cup of the stock
- Place a lid on the pan and simmer the mixture gently until the pumpkin is quite soft.
- Take from the heat and allow it to cool before you puree it.
- Once cool, puree the rest of the stock with the leek and pumpkin to make the soup
- If you like a thicker soup, then add less stock during the pureeing stage
- You may need to do this in batches, until all the mixture has been done
- Stir in the cream

Before serving: reheat the soup in the microwave or in a pot on the stove.

Serve with your allowed choices of crackers or breads