



# Creamy Low FODMAP Pumpkin Soup

PREP IN 15 MIN COOKS IN 50 MIN SERVES 4

BY ALANA SCOTT REVIEWED BY ANNA SLOAN (RD)

If you only make one pumpkin soup recipe, this is the one to try! My creamy low FODMAP pumpkin soup is an absolute classic. It's thick and creamy and full of flavour.

I love adding a few spices to the soup to take the flavour to the next level and serving it with a couple of slices of buttered toast for dunking.

Although this recipe takes just over an hour to make, the hands-on time is only 25 minutes.

**FODMAP note:** Make sure you choose Japanese Pumpkin, which is also called Kent Pumpkin (Australia), Kabocha Squash (USA), Buttercup Squash (NZ) or Supermarket Squash (NZ). This type of pumpkin is Low FODMAP in large serves. Other types of pumpkin may have higher FODMAP levels, and you may need to test your tolerance levels to them.

## Method

1. Preheat the oven to 180°C (355°F) fan-bake function. Line a roasting tray with parchment/baking paper.
2. Cut the peel off the pumpkin/squash and remove the seeds. Cut into chunks. Peel and cut the potato into chunks.
3. Place the potato and pumpkin into a large bowl. Drizzle over the garlic infused oil and sprinkle with smoked paprika, cumin and coriander. Season with a few grinds of salt and pepper. Toss well until the veggies are evenly coated.
4. Transfer the vegetables to the roasting tray and spread them in a single layer. Place in the oven and roast for 20 - 25 minutes (place a timer on).
5. While the vegetables roast, finely slice the green leek leaves.
6. When the timer goes off, check the vegetables. Once the vegetables are tender and slightly golden, remove them from the oven and place them to one side.
7. Place a large saucepan over medium-low heat. Melt the dairy free spread/butter, then add the leek leaves. Fry the leek for 1 - 2 minutes, occasionally stirring, until fragrant and soft.
8. Next, add the roast vegetables to the saucepan and pour in the stock. Turn up the heat to medium-high and bring to a boil. Simmer for ten minutes.
9. Turn off the heat. Allow the soup to cool for a couple of minutes, then blend using a stick/immersion blender until smooth (be careful not to burn yourself). Taste and add more salt and pepper if needed.
10. Divide the soup into bowls. Serve with a small splash of cream and a side of toasted low FODMAP or gluten free bread.
11. Enjoy!
12. **Storage notes:** This creamy low FODMAP pumpkin soup will last for four days in the fridge or can be frozen for three months.

## Ingredients

### CREAMY PUMPKIN SOUP

**700 g** Japanese pumpkin (buttercup squash or supermarket squash) (weigh after peeling & removing the seeds)

**200 g** potato (peeled)

**2 tbsp** garlic infused oil\*

**1/2 tsp** smoked paprika\*

**1/2 tsp** ground cumin\*

**1/2 tsp** ground coriander\*

**Season with** salt & pepper

**40 g (1/2 cup)** leek (green leaves only, finely sliced)\*

**2 tbsp** butter or dairy free spread\*

**1000 ml (4 cups)** low FODMAP chicken stock/vegetable stock\*

**4 tbsp** pure regular fat cream or coconut cream (for serving)

**8 slices** low FODMAP bread (for serving)\*