

Pumpkin Soup (Low Calorie Healthy Cooking)

by Tarla Dalal



Ingredients

- 1 tsp low-fat **butter**
- 2 tbsp finely **chopped onions**
- 3 cups **red pumpkin (bhopla / kaddu) cubes**
- salt** and to taste
- 1/2 tsp **dried thyme**
- 1/2 tsp **cornflour** mixed with 1 cup
- low-fat milk** (99.7% fat-free)

For The Garnish

- 1/4 cup **grated carrot**
- 2 tbsp finely **chopped spring onion greens**

Method

1. Heat the butter in a deep non-stick pan, add the onions and sauté for 2 to 3 minutes.
2. Add the pumpkin pieces and sauté on a medium flame for 3 to 4 minutes. Add 4 cups of hot water, salt and pepper, mix well and simmer for 10 to 12 minutes or till the pumpkin is cooked.
3. Remove from the flame and keep aside to cool.
4. Blend in a mixer till smooth and transfer back to the same pan.
5. Add the thyme and milk-cornflour mixture, mix well and bring to boil. Serve hot garnished with carrots and spring onion greens.