

# CREAMY PUMPKIN TOFU SOUP

## INGREDIENTS

2 Tbsp/ 30 ml best quality olive oil  
1 cup/ 240 ml leeks, whites only, thinly sliced and well washed  
4 cups/ 1.4 L low-sodium chicken or vegetable broth (gluten free if necessary)  
1 cup/ 240 ml fresh pumpkin, peeled and seeded, cut into 1 inch cubes  
2 cloves garlic, minced or passed through a garlic press  
1 tsp/ 5 ml freshly grated ginger root (optional)  
½ cup/ 125 ml silken tofu  
Sea salt to taste

## PREPARATION

1. Add oil to a small frying pan and sauté leeks until softened. In a large saucepan add the broth, leeks and pumpkin. Bring to a boil. Reduce heat and cook for 30 minutes.
2. Add garlic, ginger (if using) and tofu. Simmer for another 15 minutes. Using a hand blender, puree soup mixture until uniformly smooth. Add sea salt as desired. Serve hot!

*NUTRITIONAL VALUE PER SERVING 2 servings*

*Calories: 191/ Calories from fat: 129/Protein: 4g/ Carbs: 11g/Dietary fiber: 1g/Sugars: 2g/Fat: m 14g/  
Sodium: 927mg*