

Creamy Pumpkin Tofu Soup

Prep

10 mins

Cook

20 mins

Portion

Serves 2

This nutrient-dense recipe is not only packed with vitamins, minerals and proteins but has fewer calories compared to a traditional cream pumpkin soup. Choose tofu that are fortified with calcium for greater bone strength.



A nutrient-dense diet helps one to achieve optimal health.

Click [here](#) to find out what happens when you don't get enough nutrients.

Ingredients

200g of pumpkin, steamed
2 garlic cloves, peeled and crushed
½ medium onion, peel
and roughly chopped
150g of silken tofu
600ml of vegetable or chicken stock
½ tbsp of sunflower oil
Salt and pepper, to season

Instructions

1. Add olive oil to a large pot over medium heat. Stir fry garlic and onion for about 5 mins or till soft and fragrant.
2. Add steamed pumpkin and cover with stock. Leave it to simmer over medium heat, for 5 - 10 mins.
3. Add silken tofu and cook for 2 - 3 mins. Season with salt and pepper.
4. Add soup to a blender and blend till smooth. Serve and enjoy!



Steam the pumpkin first and scoop the filling after for easy handling.