

Lupin Pumpkin & Sweet Potato Soup

Traffic light category: **Green**

Serves: 20

Ingredients

- 650g brown onion, diced
- 3 teaspoons curry powder
- 250g lupin flakes
- 1.5litres reduced salt chicken stock
- 1.5kg butternut pumpkin, peeled and roughly chopped
- 650g sweet potato, peeled and roughly chopped
- 300g potato, peeled and roughly chopped
- ½ cup reduced fat milk
- 1 tablespoon reduced fat cheese, grated
- Light sour cream to serve

Method

1. Saute onions, curry powder and lupin flakes on a low heat, stirring constantly to toast the lupin flakes. Take caution not to burn (the lupin flakes may stick slightly if the pan is too hot)
2. Add the chicken stock and remaining vegetables. Bring to the boil and simmer until vegetables and lupin flakes have softened enough to blend
3. Blend until very smooth adding the milk and grated cheese to desired consistency
4. Serve with a dollop of sour cream and croutons if desired.

Nutrition information panel

Nutrient	Per serve	Per 100g
Energy	456kJ	186kJ
Protein	7g	2.9g
Total fat	1.3g	0.5g
Saturated fat	0.3g	0.1g
Carbohydrate	12g	5.0g
Sugars	6.7g	2.7g
Dietary fibre	7.g	2.9g
Sodium	209mg	85mg

Recipe adapted from thelupinco.com.au



Supporting healthy choices

☎ 9264 4999

✉ wasca@education.wa.edu.au  /wascainc

💻 waschoolcanteens.org.au  /wascainc