

Pumpkin soup with apples

Ingredients required for 4 persons

Preparation time 20 minutes

Difficulty medium

Ingredients

600 g	pumpkin
150 g	onions
2	apples
2 EL	olive oil
300 ml	vegetable broth
1 TL	raw cane sugar
2 TL	Condimento Bianco
2 EL	pumpkin seed oil virgin
1 Prise	salt and pepper
1 Prise	paprika powder



Preparation

Wash pumpkin, cut in half, remove seeds and chop. Finely mince onions and apples. Brown onions in 2 tablespoons olive oil in a large pot. Add apple and pumpkin dice and stir fry for 2 minutes. Deglaze with vegetable broth, season with salt, pepper and paprika powder and simmer with a lid for 20 minutes. Puree to desired texture, season to taste with salt, pepper and Condimento Bianco vinegar. Drizzle the soup with a few drops roasted or virgin pumpkin seed oil and sprinkle with paprika powder before serving. Goes well with toasted bagutte or ciabatta.

By the way

Tip: Top off the soup with homemade croutons. Simply cut wholewheat toast into dice, sauté in thyme sage spice oil and scatter over the soup.