

Happy~Healthy~Blessed

Moroccan Spiced Pumpkin & Butter Bean Soup

I inherited this beautiful recipe from my sweet friend Brasta who is always finding wonderful and delightful things to make in the kitchen.

She got the recipe originally from Gordan Ramsay.



Ingredients

A little over 2lbs of cooking pumpkin (1.5 peeled weight)
4 tbsp olive oil
1 banana shallot (or 3 regular ones), peeled and chopped
2 garlic cloves, peeled and finely chopped
sea salt and black pepper
1 tsp paprika
1 tsp ground ginger
1 tsp ground cumin
1 tsp ground turmeric
20 oz hot chicken stock
2 x 14 oz cans of butter beans, rinsed and drained
bunch of flat leaf parsley, chopped
bunch of cilantro chopped
4 tbsp natural or Greek yogurt, to serve

Rejuvenate Refresh Relax

Happy~Healthy~Blessed

*For a lighter version of this soup use one tin of butter beans rather than two.

Method:

Remove the skin from the pumpkin, discard the seeds and roughly chop the flesh into 5cm cubes. Heat half the olive oil in a large saucepan and add the pumpkin, shallot, garlic and some seasoning. Stir over a high heat for 10 minutes until the pumpkin cubes are lightly caramelized and soft. Add the spices and stir over the heat for another couple of minutes.

Pour in the stock to cover the pumpkin and bring to a simmer.

Cook for 10 minutes, then remove from the heat and leave to cool slightly.

While still hot, purée the mixture in a blender until smooth and creamy.

(You may need to do this in two batches.)

Return the purée to the pan and bring to a simmer. Tip in the butter beans and chopped herbs. Place over a medium heat for 2–3 minutes until the beans are hot. Taste and adjust the seasoning.

Ladle the soup into warm bowls and add a spoonful of yoghurt. Serve with plenty of warm flat breads.

Rejuvenate Refresh Relax