



## Creamy Pumpkin Soup

### Ingredients

- 2 tbsp Vegetable Oil
- 1 pc Onion
- 4 cloves Garlic
- 0.5 kg Pumpkin
- 3 cups Water
- 2 sachets MAGGI® Magic Sarap® 8g
- 0.25 tsp Ground Pepper
- 1 package NESTLÉ® All Purpose Cream
- 1 tbsp Parsley

### Instruction

1. Sauté onion and garlic in oil. Add pumpkin and cook for 10 minutes. Pour water and simmer while covered for 10 minutes.
2. Transfer into a blender and purée until smooth. Pour back into the same pot.
3. Season with MAGGI® Magic Sarap® and pepper. Temper NESTLÉ All Purpose Cream and pour back to the soup. Bring to a gentle simmer. Pour into serving bowls and top with parsley.

### Nutrition

Carbohydrates	10.7 g
Energy	190.65 kcal
Fats	15.86 g
Protein	2.7 g

40 Minutes

6 Servings