



# Pumpkin and Millet Soup

Recipe Gluten-free, dairy-free (casein-free),  
hypotoxic and vegan

By: Cuisine l'Angélique

PORTIONS : 6

PREPARATION: 20 MINUTES

COOKING: 30 MINUTES

## INGREDIENTS

- 1 kg (8 cups) pumpkin, cut into small cubes
- 1 large onion, chopped
- 2 garlic cloves, minced
- 45 ml (3 tbsp) olive oil
- 5 ml (1 tsp) nutmeg, grated
- 15 ml (1 tbsp) fresh ginger, grated
- 5 ml (1 tsp) sea salt
- 100g (1/2 cup) millet
- 500 g (2 cups) chicken stock (or vegetable stock for the vegan version)
- 240g (1 cup) water

## PREPARATION

1. In a large saucepan, sauté pumpkin, onion and garlic in olive oil.
2. Add nutmeg, ginger, salt and stir well. Cover and cook over low heat for about 5 minutes, making sure the vegetables do not stick to the bottom.
3. Add millet, chicken broth and water. Bring to a boil, cover and simmer for about 20 minutes, or until pumpkin is tender and millet is cooked.
4. Puree until smooth in a blender. Add more water if necessary, depending on the desired consistency



*A velvety and delicately aromatic soup!*

## TIP

\* Take advantage of autumn to stock up on pumpkin puree. Simply cut your pumpkin in half and hollow it out. Place each half of your pumpkin in a roasting pan, peel up, cover the bottom of the roasting pan with water and place in the oven at 350° F (180° C). The pumpkin will be ready when it is tender, so you will simply have to remove the skin and puree the flesh in a blender, adding a little water if necessary.

## FOR HALLOWEEN



\* To make the soup fun: decorate your pumpkin and serve the soup in it!

## NUTRITION FACTS

Per portion:  
250 ml (1 tasse) 190 Calories

Fat: 7 g 11 %

Saturated	1 g	
Trans	0,1 g	6 %
Polyunsaturated:	1 g	
Omega-6:	0,6 g	
Omega-3:	0,1 g	
Monounsaturated:	4,5 g	
Cholesterol:	5 mg	
Sodium:	560 mg	23 %
Carbohydrate:	28 g	9 %
Fibres:	4 g	16 %
Sugars:	4 g	
Protéines:	5 g	
Vitamin A		140 %
Vitamin C		30 %
Calcium		6 %
Iron		15 %
Copper		20 %
Manganese		30 %
Potassium		20 %