



Pumpkin Lentil Soup



- 500ml liquid vegetable stock
- 500ml water
- 750g pumpkin, chopped
- 1 large onion, finely chopped
- 1 garlic clove, chopped
- 1 tbsp soy sauce
- 1 cup soy bean milk
- 2 ½ cups of cooked Burrum Biodynamic Red Lentils

Bring water, vegetable stock, pumpkin, onion and garlic to boil. Simmer for 30 minutes or until pumpkin is tender. Mash ingredients with potato masher, blender or mouli. Add cooked lentils, milk and soy sauce and warm through on stove top.