

Low-Carb Pumpkin Soup with Chorizo Crumb

Hands-on 30 minutes Overall 30 minutes

Nutritional values (per serving, 1 1/2 cups/ 360 ml): Total carbs: 10.4 g, Fiber: 1.4 g,

Net carbs: 9.1 g, Protein: 12.7 g, Fat: 18.8 g, Calories: 256 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 4 servings)

- 2 tbsp virgin coconut oil or ghee (30 g/ 1.1 oz)
- 1 small brown onion, chopped (85 g/ 3 oz)
- 4 cups chopped pumpkin (450 g/ 1 lb)
- 1 garlic clove, minced
- 1 tbsp grated ginger
- 1/3 tsp garam masala
- 1/2 tsp cumin
- 1/2 tsp paprika
- 7 cups chicken stock, bone broth or vegetable stock (1.66 L) - *you can make your own bone broth*
- 1 small Mexican chorizo sausage (70 g/ 2.5 oz)
- salt and pepper, to taste
- Optional: yoghurt or creme fraiche, sesame seeds, fresh watercress or herbs of choice*

Instructions

- Place the stock in a pan on a medium heat and simmer until the stock reduces in volume to about half (15-20 minutes).
Concentrating the stock in this way makes the soup super tasty.
- Preheat the oven to 175 °C/ 350 °F (fan assisted), or 195 °C/ 380 °F (conventional). Slice the pumpkin in half, remove the seeds and peel (unless you are using Hokkaido in which case you can leave the peel on). Cut into cubes about 1 cm (1/2 inch) thick. Bake for 20 -25 mins and then set aside.
- Meanwhile, heat the coconut oil in a pan on a medium heat. Peel and finely chop the onion and garlic. Gently fry the onion on a medium heat for 3 minutes until soft. Add the garlic and fry together for 1 further minute.
- Add the cumin, ginger, garam masala, paprika, salt and pepper to the onions and garlic and fry for 4 minutes on a medium-low heat.
- Add the roasted pumpkin and concentrated stock. Simmer on a

medium heat for about 5 minutes. Place in a high-speed blender like a Vitamix and puree until smooth. Add a little more stock or water if needs be to reach your desired consistency.

- Remove the skin from the chorizo sausage. Finely dice the chorizo meat and fry on a medium heat in a dry non stick pan for about 5 minutes until cooked through and crispy.
- Ladle the pumpkin soup into bowls, top with the chorizo crumb and optionally, top with yoghurt, sesame seeds and watercress. Store in the fridge for up to 4 days, or freeze for up to 3 months.

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