



PUMPKIN AND BACON SOUP

A PERFECT AUTUMNAL LUNCH

INGREDIENTS

- 4 slices back bacon (preferably nitrite-free), sliced
- 3 leeks, (thoroughly washed), sliced
- 1 medium squash or pumpkin (about 500g peeled/deseeded), chopped
- 2 tbsp stock paste or 2 stock cubes dissolved in 900ml water
- 100ml cream (optional, for serving)

METHOD

1. Heat a little olive oil in the Instant Pot on the Sauté setting.
2. Add the leeks and cook until they begin to soften. Stir in the bacon and cook until lightly browned.
3. Add the squash (or pumpkin), stock paste or cubes, and water. Stir well.
4. Secure the lid and cook on Pressure Cook (high) for 15 minutes. Use a quick pressure release (QPR) once cooking is complete.
5. Blend the soup until smooth with a hand blender.
6. Serve hot, finishing with a swirl of fresh cream if desired.



ENJOY!

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