

Pumpkin stew

Savoury

level 

 1

 25 min



Ingredients

200 ml	Fresubin 2 kcal DRINK Neutral
200 g	pumpkin, raw
150 g	potatoes, raw
50 ml	vegetable stock
50 ml	whole milk (3.5% fat)
	salt, pepper, nutmeg

Nutritional information per serving:

Energy	596 kcal
Protein.....	27.0 g
Fat	17.7 g
Carbohydrate	80.1 g
Fibre.....	0.0 g



Alternative products:

Fresubin® Energy DRINK

Preparation

Dice the peeled pumpkin and peeled potatoes into small cubes and cook until done with the vegetable stock, add the milk in between and mix with a hand-held blender. Add Fresubin 2 kcal DRINK Neutral, reheat and season.

TIP:

Before serving, add a few drops of pumpkin seed oil to the stew and garnish with roasted pumpkin seeds.