

Pumpkin soup

Savoury

level 

 2

 25 min



Ingredients

250 ml	Fresubin 2 kcal DRINK Neutral
2 table-spoons	sugar
50 g	butter
500 g	pumpkin pulp (butternut)
250 ml	vegetable stock
250 ml	milk
	salt, pepper, nutmeg

Nutritional information per serving:

Energy	619 kcal
Protein	18.0 g
Fat	35.5 g
Carbohydrate	56.4 g
Fibre.....	0.0 g



Alternative products:
Fresubin® Energy DRINK

Preparation

To start with, allow the sugar to melt in hot butter and then glaze the peeled and diced fresh pumpkin pulp for 3 to 4 minutes. Then add the vegetable stock and milk and cook the pumpkin until soft. Then purée the soup to a fine consistency. At the end, add Fresubin 2 kcal DRINK Neutral and season with salt, pepper and some ground nutmeg.

The quantities given are sufficient as a starter course for approx. 4 to 5 helpings or as main course for approx. 2 helpings.

For patients who have difficulty in swallowing, the soup can be thickened after seasoning at below 80 °C with Thick & Easy or Fresubin Clear Thickener to the desired consistency.

TIP:

For example, roasted chicken strips and roasted bread croutons go very well as an addition to the main course.