Soups / India

# Clear soup with chickpeas and pumpkin · India

A clear broth with drained cooked chickpeas, pumpkin and a India-inspired flavour base.

**Time** 40 min **Servings** 4

## What you'll need.

- ☐ 150 g onion
- ☐ 30 ml neutral cooking oil
- ☐ 500 g drained cooked chickpeas
- ☐ 600 g pumpkin
- ☐ 1300 ml low-salt vegetable stock
- ☐ 3 g ground cumin
- ☐ 3 g ground coriander seeds
- ☐ 2 g ground turmeric
- ☐ salt and pepper to taste

## Let's make it.

01 Clean the pumpkin and cut into small, even pieces. Finely chop the onion.

02 Heat the oil and soften the onion for five minutes. Add the pumpkin and cook for a few minutes.

03 Add the stock and simmer until the vegetable is tender.

04 Rinse and drain the drained cooked chickpeas, then heat until piping hot throughout.

05 Add the cooked main ingredient to the soup and briefly reheat. Stir in the ground cumin, ground coriander seeds, ground turmeric and taste before serving.

**AI-developed, not kitchen-tested.**

**Recipe & provenance** DVS Recipe Studio / DVS Recipe Studio · AI-developed variation / CC0 1.0.
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