

Breadfruit, Squash or Pumpkin, Carrots & Cardamom Cream Soup

Lise Bouffard



Ingredients

300gr - 2/3 lb breadfruit
250gr – ½ lb carrots
400gr – 1 lb squash or pumpkin
salt & pepper to taste
1 onion
2 cloves garlic
1 piece ginger – to taste
Fenugrec (can be replaced by
celery seeds)
3 pods cardamom (1 tsp)
olive oil

Directions

Heat the oil, add diced onion, cook for 2 minutes. Increase heat, add garlic and spices. Cook for two more minutes, stirring constantly.

Then pour in one liter of water.

Add chopped vegetables, previously washed, peeled, and diced.

Simmer for 45 minutes, or less if you are using a pressure cooker.

You may need to add water, broth, milk or coconut milk to get the texture you want.

Use a blender to mix and get a delicious creamy soup. Good to eat cold or hot!



Trees That Feed Foundation