

Emma Sutherland N.D.BHlth Sc (CompMed) MATMS, MNHAA

Pumpkin, Red Lentil & Silken Tofu Soup

I love this soup in the middle of winter as it nourishes me and makes the perfect dinner. By adding the tofu it boosts the protein component too. Turmeric has been shown by research to be as effective as pharmaceutical anti inflammatory drugs so when I can find it fresh, I add it to everything. All chronic diseases are based on inflammation so by including natural anti inflammatories it reduces your risk of cardiovascular disease, cancer and diabetes.

Ingredients

1 red onion

4 cloves of garlic

2 large pieces of fresh turmeric

400gr red lentils

1 pumpkin

200gr silken tofu

4 organic chicken necks

3 cups of organic chicken stock

Chilli flakes

Parsley

Extra virgin olive oil

Labne - optional

Instructions

Finely dice red onion and garlic and sauté in olive oil. Add grated turmeric and sauté for 1 minute. Add chicken necks, diced pumpkin and 2 cups of stock and simmer for 20 minutes. Add red lentils and cook for a further 30 minutes. Takeout chicken necks and stir through silken tofu.

To serve, add chilli flakes, parsley and 1 tsp of labne (if desired) to each bowl.