

Pumpkin Soup

Builds Digestive Fire



Nutritional Qualities

Pumpkin has the *full sweet* flavour, and so it can be used to quell a sweet-tooth. It nourishes the Spleen-Pancreas and Stomach and improves digestive ability. It can be used to dry dampness, balance overweightness, and also help when there are loose stools. This soup is light and yet nourishing - an ideal starter to boost the digestion of a meal. Pumpkin is a warming food, so people with a lot of heat symptoms are advised eat it in moderation.

Ingredients

- Pumpkin* 500 g
- Onion 100 g
- Butter 2 tbsp
- Vegetable stock 1 ½ litres
- Light soy sauce to taste

*sweet potato can be used in place of pumpkin to make a variation

Method

1. Clean the pumpkin and chop into pieces.
2. Stir-fry the onion in the butter (those on an oil-free diet can soften the onion by cooking it in a little water).
3. Add the vegetable stock and pumpkin.
4. Boil until the pumpkin is soft. Add soya sauce to taste.
5. Allow to cool slightly and then process in a blender until smooth.
6. Heat until hot and serve.

TIP

A sprinkle of cinnamon or cumin can be added for those who wish to improve digestive ability.

Tao Garden has produced a book in which the theory is outlined, *THE TAO OF DELICIOUS*, by Chi Gung Master Mantak Chia and Taoist Nutritionist Shashi Solluna. Many of our most popular recipes are included in the book, each with an analysis in terms of Taoist Nutrition. To accompany the book, we have created a CD-ROM which contains detailed lists of different foods and their energetic properties according to Taoist Nutrition. It can be used as a reference to check up on particular foods, or you can search by organ system (element).

For the first one hundred copies of *THE TAO OF DELICIOUS* sold : you will also receive a free CD-ROM of the *ELEMENT NUTRITION CHARTS*. [Click here](#) to order online.