

Autumn is the prime season for pumpkin and chestnuts. They are great choices for adding flavour to soup. Vegans can try this soup as well as it uses cashew nuts instead of meat. Cashew nuts are rich in dietary fibre and protein.



Pumpkin, Chestnut, Cashew Nut and Corn Soup

Nutrition Analysis: (Per Serving, including Soup Ingredients)

Energy (kcal)	203
Carbohydrate (g)	29
Protein (g)	6
Fat (g)	8
Dietary fibre (g)	3.4
Sodium (mg)	155



Ingredients : (Serves 4)

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|--------------------------------------|------------------------|
| 1. Pumpkin | 1 catty 4 taels (800g) |
| 2. Corn, large | 1 cob (approx. 232g) |
| 3. Chestnuts
(Shelled and peeled) | 8 (approx. 80g) |
| 4. Cashew nuts | 1 1/2 tael (60g) |
| 5. Water | 6 bowls |
| 6. Salt | 1/4 tsp |

Method:

1. Peel, core and deseed the pumpkin. Cut into thick chunks, rinse and set aside.
2. Skin the corn cob, rinse and section into pieces.
3. Rinse the chestnuts and cashew nuts.
4. Add water to a pot and bring the water to boil over high heat. Add in all ingredients.
5. Bring to a boil again, then switch to medium heat and simmer for 1 1/2 hours. Season with salt to finish.

Nutrition/Preparation Tips:

- ✓ Pumpkin and chestnuts are autumn vegetables. Pumpkin is rich in beta-carotene, a fat-soluble vitamin. When combined with cashew nuts, the fat content of cashew nuts can aid absorption of the vitamin.
- ✓ Cashew nuts provide protein, vitamin E and fat, and should be consumed in moderation. The nuts will soften after being cooked, making them easier for elderly people to consume.

Notes for Special Diets:

- ✓ Diabetic Diet: Pumpkin, corn and chestnuts are rich in carbohydrates. It is recommended to drink no more than 1 bowl of soup per meal. If drinking the clear soup, exchange one serving for 1/2 tablespoon of rice (1/2 carbohydrate exchange). If consuming soup ingredients, exchange 1 tablespoon of rice for every 2 egg-sized pieces of pumpkin, or 2 chestnuts, or 1/3 cob of corn ingested (1 carbohydrate exchange).
- ✓ Low-fat, Low-cholesterol Diet: Reduce the amount of cashew nuts used by half.



Department of Health

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