

# KÜRBISSUPPE

Du brauchst:

1,2 kg (1200g)  
Kürbis

20 g Ingwer

1 Zwiebel

Olivenöl

1 l Gemüsebrühe

20 - 30g  
Kürbiskerne

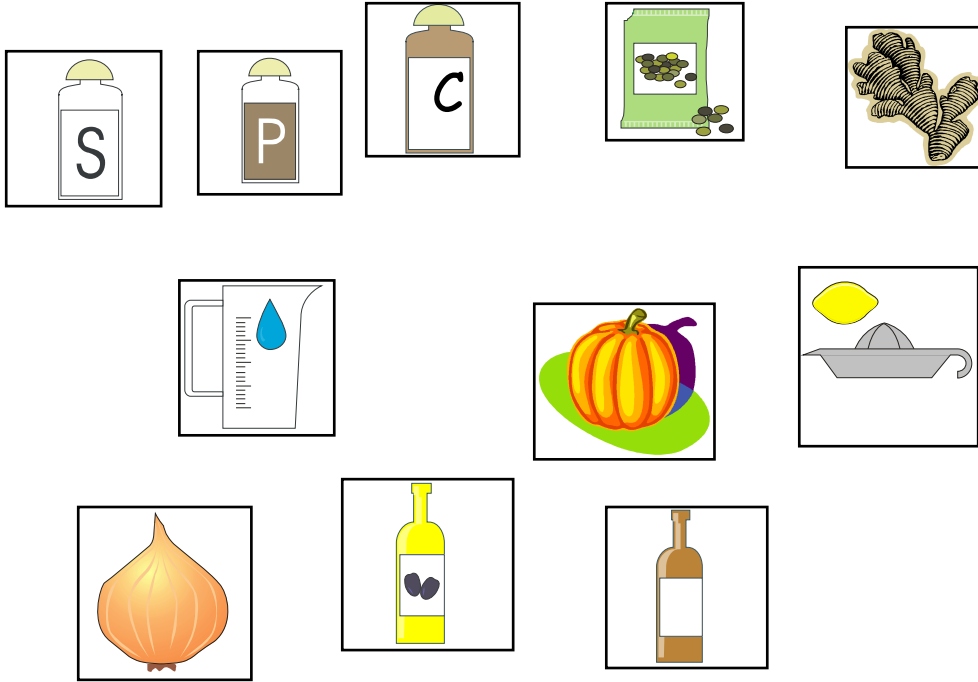
1 TL Zitronensaft

1 TL Sojasoße

Curry

Salz

Pfeffer



den Kürbis schälen

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den Kürbis klein schneiden

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Zwiebel schälen

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Zwiebel klein schneiden

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Ingwer schälen

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Ingwer klein schneiden

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Olivenöl in einem Topf erhitzen

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Zwiebel und Ingwer andünsten

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Kürbis hinzufügen

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Gemüsebrühe hinzufügen

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mit Deckel auf dem Topf  
30 min köcheln lassen

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Suppe mixen

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Mit Salz, Pfeffer und Zitronensaft  
würzen

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Kürbiskerne in einer Pfanne rösten

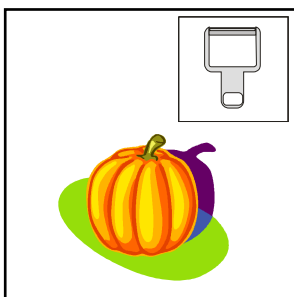
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Suppe mit Curry und Sojasoße würzen

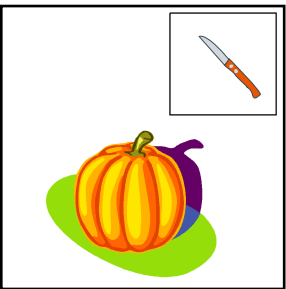
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Kürbiskerne auf Suppe streuen

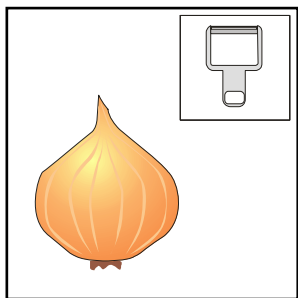
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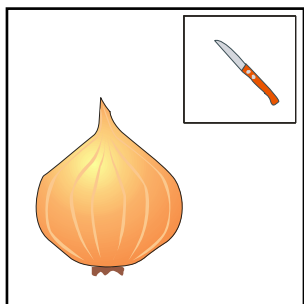
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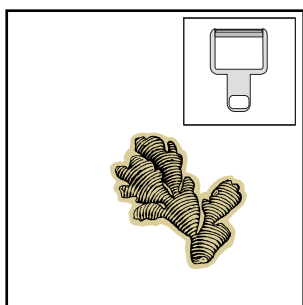
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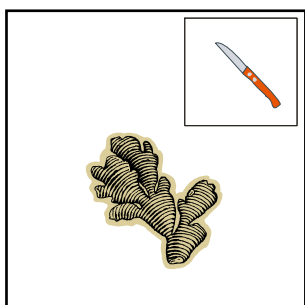
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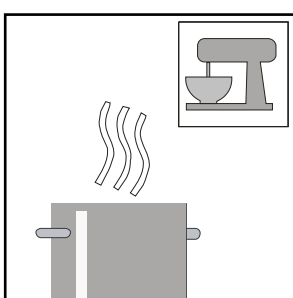
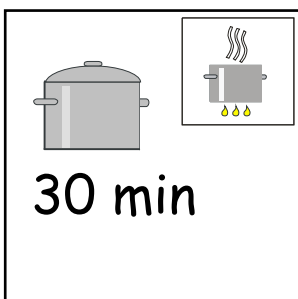
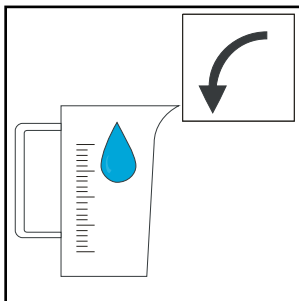
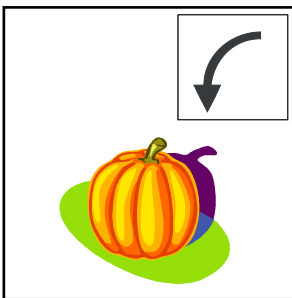
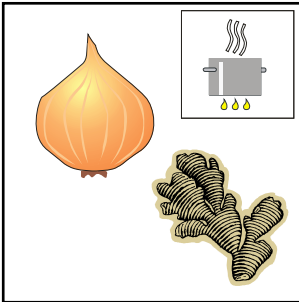
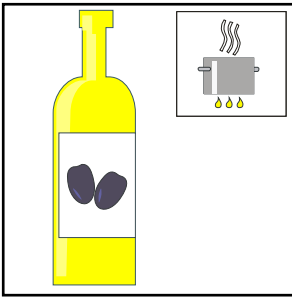
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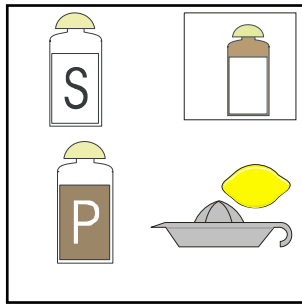


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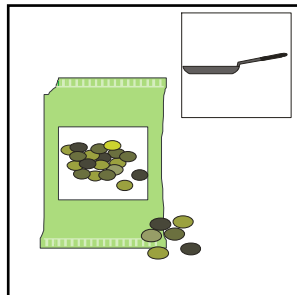


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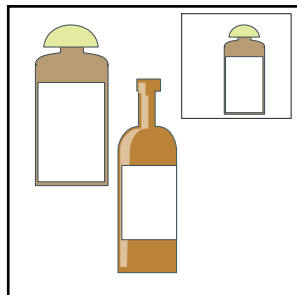




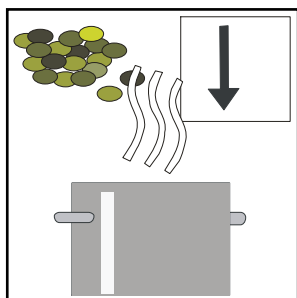
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