



## Pumpkin Soup

Serves 4-6

### SUMMARY

An easy rich creamy soup. A lovely way to heat yourself up with after a day out in the cold. Serve with a slice of crusty bread

### INGREDIENTS

1.2 Kg Pumpkin  
1 Onion  
2 Garlic Cloves  
750ml Vegetable Stock  
250ml Water  
185ml Cream

### METHOD

1. Cut off the pumpkin skin and scrape out the seeds. Cut the pumpkin in to roughly 3cm slices.
2. Slice the onion and peel the garlic
3. Place the onion, pumpkin, garlic, stock and water in a pot. The liquid will not cover all of the pot contents
4. Bring to the boil and then reduce the heat and let simmer rapidly until pumpkin is tender
5. Remove from the heat and allow to cool slightly. Blend with either a blender or stick blender until smooth.
6. Stir through the cream
7. Season to taste.