



PUMPKIN SOUP

Makes 8 Portions

Ingredients

1kg pumpkin flesh, cut into cubes
1 large onion, chopped
1 large potato, peeled and cubed
1-2 cloves of garlic, crushed
1 tsp mixed spice
1 bay leaf
2 tsp ground pepper
600ml vegetable stock
1 tbsp olive oil

Method

1. Place the pumpkin into a saucepan with the bay leaf.
2. Cover with water and bring to the boil.
3. Simmer until the pumpkin is tender and drain the water away.
4. In a large saucepan sauté the onion until tender, add garlic, mixed spice, cooked pumpkin, potato, pepper and stock.
5. Simmer until cooked then blend until smooth and creamy
6. Serve with garlic bread