

PUMPKIN SOUP

Ingredients:

2 brown onions

2 carrots

2 cloves garlic

2 stalks celery

1 piece pumpkin

2 potatoes

1 tomato

Water to cover

Herbs of your choice (parsley, sage or thyme work well)

3 tsp veg stock powder

What to do:

- 1) Peel and roughly chop onions and carrots.
- 2) Drizzle a large pot with a little oil and heat on stove.
- 3) Begin cooking onions and carrots sweating for a few mins.
- 4) Smash and peel garlic, wash and chop celery and add to pot.
- 5) Clean pumpkin and roughly chop, add to pot.
- 6) Peel potatoes and roughly chop, add to pot.
- 7) Cover vegetables with very hot water and bring to boil, cover with a lid.
- 8) Add chopped tomatoes, stock powder and herbs to soup.
- 9) Reduce heat a little and cook till hard vegetables are tender.
- 10) Season and blend with stick blender till smooth.