



Growing Harvesting Preparing Sharing

Pumpkin Soup

Equipment

Chopping board
Knife
Large saucepan
Wooden spoon
Hand-held blender
Peeler

Ingredients

2 tablespoons olive oil
2 onions
3 garlic cloves
3 or 4 carrots (or 2 potatoes or sweet potato)
2 kg pumpkin
2 litres vegetable stock
Salt and pepper to taste
Fresh herbs for garnish

Method

Chop onion and garlic
Carefully use sharp knife to peel, de-seed and chop pumpkin into small chunks
Peel and chop carrot (and/or potatoes)
Heat oil in saucepan over medium-high heat
Add onion and garlic
Cook, stirring, for 3 minutes or until onion has softened
Add pumpkin and carrot (and/or potato and sweet potato)
Cook, stirring occasionally, for 5 minutes, or until vegetables start to brown
Add stock and salt and pepper
Cover and bring to the boil, then reduce heat to medium-low
Simmer for 12-15 minutes, or until vegetables are tender
Set aside for 2 minutes to cool slightly
Blend until smooth
Serve with chopped herbs as garnish