

Cream of Pumpkin Soup

Recipe

Ingredients

- 700g Fresh pumpkin, diced
- 1 Fresh onion, finely chopped
- 1 Tsp vegetarian stock powder
- ½ Tsp brown sugar
- ½ Tsp ground nutmeg
- ½ Tsp paprika
- ½ Tsp curry powder
- ½ Cup (125ml) full cream milk
- 1/3 Cup (80ml) cooking cream
- 2 Cups (500ml) water
- Olive oil and croutons, to garnish

Instructions

Dissolve stock powder in water inside a large pot.

Add all ingredients, expect cream and milk.

Bring to a boil, then let simmer for 30 minutes until pumpkin softens.

Allow to cool slightly, then blend using a handheld blender.

Slowly stir in milk and cream, avoiding curdling.

Garnish with additional nutmeg, a drizzle of olive oil, or croutons to garnish as desired.

Makes 6 serves.

Nut free, Soy free.