



Pumpkin Soup- Suz's recipe

Equipment:

Scales
Chopping board
Knife
Small bowl
Large bowl
Large pot
Wooden spoon
Measuring cup
Stick blender
Soup ladle

Ingredients:

2 onions, chopped
2 garlic cloves, crushed
1 tablespoons olive oil
3 sticks of celery, chopped
3 carrots, chopped
2kg pumpkin, chopped
½ a large, sweet potato, chopped
8 cups chicken or vegetable stock
Salt and pepper
*Optional – sour cream

Instructions:

Cut skin from pumpkin and sweet potato. Cut pumpkin into small chunks. Chop both ends off onion and peel. Dice onion. Chop both ends of garlic and peel. Finely chop. Peel and chop carrots. Chop celery.

Heat olive oil in pot.

Add onion and garlic and fry for a couple of minutes until translucent and lightly browned.

Add celery and carrot and fry for a further couple of minutes.

Add pumpkin and sweet potato and stir well, allowing pumpkin to fry for a couple of minutes to develop flavours.

Add salt and pepper to taste. About a teaspoon of each.

Add stock then bring to the boil, then allow to simmer until the vegetables are cooked through and the liquid has reduced.

Remove from heat. Puree the soup with a stick blender. *An adult will do this as the hot liquid can burn if splashed.

Optional- Stir in sour cream.

Serve and enjoy.