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## Australian Pumpkin Soup (*vegan, no fat*)

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*Source Modified from Matt Preston recipe, taste.com.au*

*From the garden Pumpkin garlic apples onions or spring onions*

<u>Equipment</u>	<u>Ingredients</u>
2 large bowls 2 small bowls 2 large plates Large trays lined with baking paper chopping boards knives – 1 small, 2 large and scissors tablespoon, teaspoons and measuring cups tongs, slotted lifter Large stirring spoons Large stock pot Stick blender Soup ladle	<ul style="list-style-type: none"> <li>• 5 garlic cloves in their skin</li> <li>• 2kg pumpkin, cut into wedges and deseeded. Skinned and cut into smaller pieces</li> <li>• 2 brown onions, peeled and chopped into 12 wedges</li> <li>• 3 granny smith apples, peeled, cored and roughly chopped</li> <li>• 1 tsp cinnamon powder</li> <li>• Salt flakes and freshly ground black pepper</li> <li>• 1/2 tsp nutmeg</li> <li>• 2 litres vegetable stock made from 4 tsp of stock powder</li> <li>• 3/4 tsp salt</li> <li>• 1/4 tsp black pepper</li> </ul>

### What to do

- Preheat the oven to 180C.
- Cut into pumpkin into wedges. Deseed and peel.
- Peel onions, and chop into small wedges,
- Cut, peel and core apples and chop into small pieces.
- Add pumpkin, onions, apples and garlic cloves in their skin to a large baking tray.
- Sprinkle over the 1 tsp cinnamon powder
- Add salt flakes and freshly ground black pepper
- Grate over 1/2 tsp nutmeg.
- Toss all ingredients again.
- Bake the vegetables in the oven for 30-40 minutes until cooked and softened.
- Remove the baking tray from the oven and add the vegetables to a large stock pot.
- Make 2 litres of vegetable stock, add to pot and bring to the boil.
- Reduce heat to a simmer and cook for a further 15 minutes.
- Remove from heat and blend until smooth. Season to taste.
- Serve and ENJOY!