

Pumpkin and Tomato Soup

Source: Created by Taradale students

From the garden Pumpkin garlic onions, tomatoes for passata

<u>Equipment</u>	<u>Ingredients</u>
2 large bowls 2 small bowls 2 large plates chopping boards knives – 1 small, 2 large tablespoon, teaspoons and measuring cups Large stirring spoons Large stock pot Stick blender Soup ladle	<ul style="list-style-type: none"> • 2 tbsp vegetable oil • 1 onion , diced • 2 garlic cloves , finely minced • 2 cups tomato passata or frozen • 2kg pumpkin, peeled, deseeded then chopped into 3cm chunks • 2 litres vegetable stock (<i>made from 4 tsp GF stock powder and 2 litres water</i>) • 1 tsp salt • 1 tsp pepper

What to do

- Defrost frozen steamed pumpkin.
- Measure out 2kg pumpkin
- Chop pumpkin into 3cm pieces
- Peel onion, and chop into small pieces.
- Finely mince 2 garlic cloves.
- Heat oil in a large heavy based pot over medium heat.
- Add onion and garlic, cook for 2 minutes until soft.
- Add passata cook for 2 minutes
- Add pumpkin and stir
- Simmer for 5 minutes.
- Make stock and add stock to pot.
- Add salt and pepper
- Bring to simmer.
- Reduce heat to medium and simmer for 15 - 20 minutes or until the pumpkin is soft.
- Blitz using stick blender until smooth.
- Serve. Enjoy!