



# Classic Pumpkin Soup

<b>Equipment:</b> Scales Chopping board Knife Small bowl Large bowl Large pot Wooden spoon Measuring cup Stick blender Soup ladle	<b>Ingredients:</b> 1.2 kg pumpkin 1 onion 2 garlic cloves 1 tablespoons olive oil 750ml vegetable stock Salt and pepper ½ - ¾ cup cream
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## Instructions:

Cut skin from pumpkin. Cut pumpkin into small chunks.

Chop both ends off onion and peel. Dice onion.

Chop both ends of garlic and peel. Finely chop.

Heat olive oil in pot.

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

Add pumpkin 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 vegetable stock and water.

Bring to the boil, then allow to simmer until the pumpkin has 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.

Add cream, if desired. Do not bring to boil after cream has been added or it will separate.

Serve and enjoy.