

PUMPKIN SOUP

INGREDIENTS

Pumpkin (one whole)
1 lge sweet potato
2 white potatoes
2 carrots
1 onion
1 clove garlic
Beef stock cube
Cream



Method

1. Chop pumpkin, potatoes, carrots and onion and add to pot. Just cover with water. Add stock cube and garlic. Boil till vegetables are soft.
2. Pour off some of the water and keep aside.
3. Blend all vegetables using blender. If a thinner soup is required add more of the stock water gradually.
4. Add cream till desired consistency and taste.
5. Season with salt and pepper.

Variation:

Add a tablespoon of red curry paste for Thai pumpkin soup.

Serve with crusty bread and a spoon of cream on top of soup.