

# Sunset Pumpkin Soup

serves (6 - 8)

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## Ingredients

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- 2kg pumpkin
- 500g sweet potato
- 500g white potato
- Approximately 2 litres vegetable stock
- 2 brown onions
- 2 cloves of garlic

## To Garnish

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- Salt and pepper
- 200ml cream

## Method

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1. Prepare 2kg of peeled and diced pumpkin and 500g of washed, peeled and cubed potatoes and sweet potatoes. The smaller the cubes the quicker your soup will cook. Place these vegetables to one side in a bowl until you are ready to use them.
2. Roughly chop 2 onions and 2 cloves of garlic.
3. Place all ingredients in a large saucepan and cover with vegetable stock (Vegeta brand is our favourite).
4. Bring the pot to the boil. Boil for about 30 minutes or until vegetables are soft.
5. Blend the soup with a stick blender, season with salt and pepper and add the cream. Enjoy with fresh homemade bread.
6. To change the flavour, add some cumin, a spoonful or so of peanut butter, substitute cream for yoghurt and drizzle a little olive oil to serve.