

## Pumpkin Soup



### Ingredients:

- 1kg pumpkin, peeled, seeded and chopped
- 1 brown onion sliced
- 3 garlic cloves, peeled whole
- 1 tablespoon ginger, grated
- 2 tablespoon butter ( Nuttelx )
- 3 cups vegetable broth
- 1 cup of water
- Salt and pepper
- ½ cup of cream ( lactose/vegan option )

### Instructions:

1. Peel, de-seed and chop pumpkin into small pieces ( 4cm big ).
2. Take the first layer off onion and slice.
3. Remove the outer skin of the garlic.
4. Sauté ginger and garlic with butter in the big pot for 2mins.
5. Add the pumpkin, onion, garlic, broth and water into the pot - liquid won't quite cover all the pumpkin. Bring to a boil, uncovered, then reduce heat until pumpkin is tender (check with butter knife) - about 10 minutes.
6. Remove from heat and use a stick blender to blend until smooth.
7. Season to taste with salt and pepper.
8. Stir through cream.
9. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.

## Step by Step Instructions:

1. (Peel, grate fresh ginger if using fresh.) Sauté ginger and garlic with butter in the big pot for 2mins.



2. Chop pumpkin into small pieces ( about 4cm big ).
3. Add the pumpkin, onion, garlic, broth and water into the pot. Bring to a boil, let simmer until pumpkin is tender (check with butter knife) - about 10 minutes.
4. Remove from heat and use a stick blender to blend until smooth.
5. Season to taste with salt and pepper. Stir through cream.



6. Wash and dry dirty dishes and utensils. Wipe down work bench and sink.

