

Pumpkin Soup

Ingredients

1.5kg pumpkin (diced)
1 large carrot (diced)
1 large onion (diced)
2 chicken stock cubes
salt and pepper (to taste)
2000ml water
parsley (*to decorate)



Method

- 1. Place water, pumpkin, onion, carrot, chicken stock in large pot and bring to the boil.
- 2. Simmer for 1 hour or until pumpkin is tender.
- 3. Remove soup from heat and puree soup in a blender.
- 4. Return soup to pot and heat through. Add salt and pepper to taste.
- 5. Add parsley to decorate.

