

EASY HALLOWEEN PUMPKIN SOUP RECIPE



NO. OF SERVINGS: 6-8.

- Preparation time: 15 minutes
- Cooking time: 45 minutes
- Total time: 60 minutes

INGREDIENTS

- 1 tbsp olive oil
- 1 onion finely chopped
- 1kg pumpkin diced into 1-2 cm cubes
- 3 sweet potatoes diced into 1-2 cm cubes
- 2 crushed garlic cloves
- 1 tsp chopped rosemary
- 2 cups vegetable stock

DIRECTIONS

1. Set the hob to a medium heat.
2. In a large pot, heat the oil & saute the onions until softened.
3. Add crushed garlic, pumpkin, potato and rosemary & saute for another 5 minutes, stirring regularly (you may need to add small amounts of boiling water if required).
4. Add 2 cups of stock and 2 cups of water.
5. Season with salt & pepper and bring to the boil.
6. Once the soup is at boiling point, turn the heat down to low and simmer for around 30 minutes, until the potato and pumpkin have cooked through.
7. Remove from the heat and cool slightly, for around 5 minutes.
8. With a blender stick, blend until the mixture is smooth.
9. Serve with bread & enjoy!

