



Pumpkin Soup Recipe



Ingredients

Community
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500g pumpkin flesh



Pumpkin seeds



1 onion



Garlic



Olive oil



500ml vegetable stock



Salt and pepper



A little cream (optional)

Equipment

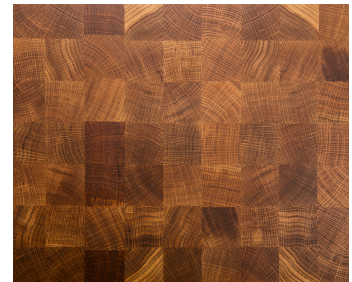
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Apron



Knife



Chopping board



Measuring jug



Wooden spoon
and metal spoon



Saucepan



Bowl



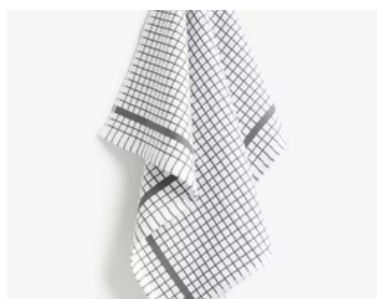
Sieve



Baking Tray



Oven gloves



Tea towel



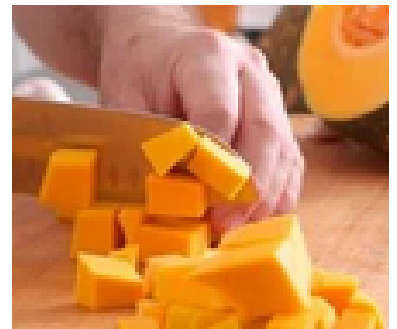
Blender (optional)

Method

Wash your hands and put on your apron.



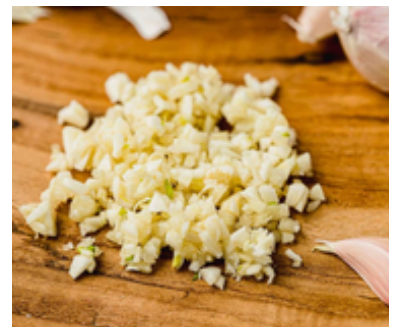
Cut the pumpkin into small pieces.



Peel and chop the onion.



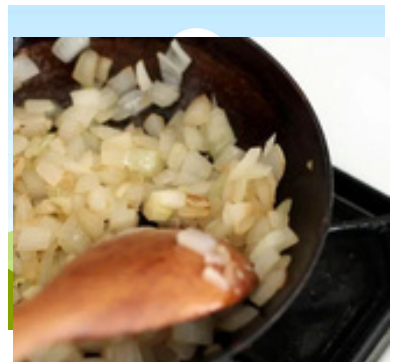
Chop the garlic.



Heat a teaspoon of olive oil in the saucepan.



Add the chopped onion and garlic to the saucepan and cook for a few minutes.



Add the pumpkin and cook for a few minutes.



Add enough vegetable stock to just cover the pumpkin.



Add a little salt and pepper.



Bring to the boil then turn the heat down.



Cook for 15 minutes or until the pumpkin is soft.



Put sieve over a clean bowl and pour soup into sieve.



Use the back of a wooden spoon to push the soup through the sieve (or use your blender).



Add a splash of cream (optional).



For pumpkin seeds

Pre-heat the oven to 180°C.



Remove stringy bits from the pumpkin seeds.



Rinse the seeds in water then dry with a tea towel.



Put the seeds on a baking tray.



Add a little olive oil and salt.



Bake at 180°C for 10 minutes.



Leave the seeds to cool.



Sprinkle the toasted seeds on top of your soup.

