

## COOKING IDEAS – PUMPKIN SOUP



Pumpkin Soup could be used as an entrée or a main meal. Be creative.

## Ingredients



- 1 ½ kg Butternut pumpkin
- 1 large onion
- 1 clove of garlic
- 1 L vegetable stock (salt reduced)
- 2 teaspoons vegetable stock powder
- 1 - 375 mL Carnation Light Evaporated Milk
- Pepper to taste
- Nutmeg to taste
- Light thickened cream

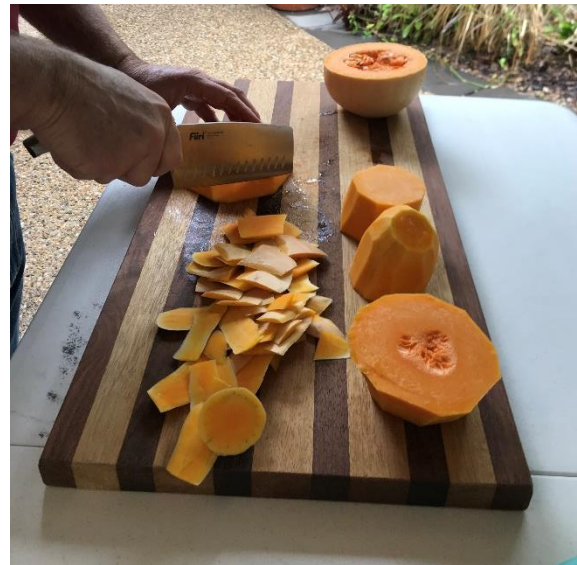


## Method

1. Roughly chop the onion and mince the garlic.



2. Cut the skin from the pumpkin and cut up into cubes.





## Method (Continued)



3. Place pumpkin, onion and garlic into a large pot. Add in the liquid stock ensuring that the veggies are not fully covered by the liquid. Add two teaspoons of the stock powder. Season with pepper. Mix all ingredients.



4. Place pot on the cooker and bring to the boil.







## Method (Continued)

5. When the mixture boils add nutmeg to taste and then cover, reduce heat and simmer until the pumpkin is soft.



6. When the pumpkin is soft remove the pot from the heat and mash thoroughly.



## Method (Continued)



7. When the soup mixture is smooth add the tin of evaporated milk and stir through.



8. Return pot to the cooker and reheat over a low heat for two to three minutes. Season with more pepper and nutmeg.

9. Ladle soup into a bowl. Drizzle some thickened cream on top and add a sprinkle of nutmeg and pepper. Garnish with parsley if you wish. Serve with some crusty bread.

