

PUMPKIN SOUP

Wheat-free Gluten-free Dairy-free Vegan

A delicious, warming soup that can be enjoyed as a starter or a meal in itself!

Ingredients:

1 kg pumpkin
500g potatoes
500g onions
500g tomatoes (fresh or canned)
2 cloves of garlic
½ tsp. black pepper
1 cup chopped parsley
2 bay leaves
Coriander to taste (optional)
½ tsp. Ginger (optional)
1 litre vegetable stock, chicken stock or water.

Method:

Chop the vegetables and, together with other ingredients, boil until soft. More water can be added if required. Once soft, blend thoroughly and serve steaming hot.

To enhance flavour, a dessertspoon of Miso paste can be stirred through the soup once cooked. A teaspoon of cream or yoghurt on top and a sprinkle of nutmeg can also be added before serving.