


Pumpkin Soup




INGREDIENTS 1 - Pumpkin | 230g - Frozen Chopped Onion | 1 tbsp - Frozen Chopped Garlic | 2 tbsp - Cumin | 2 tbsp - Oil | 1 - Pinch of Salt | 720ml - Vegetable Stock

 **Prep Time**
10 minutes

 **Cook Time**
30 minutes

 **Total Time**
35 minutes

 **Servings**
4

1 - Cut pumpkin exactly the same way as you would a water melon, cut in $\frac{1}{2}$, remove seeds, cut into slices and remove the skin from the back of the slice.

2 - Finally cut into cubes.

3 - Put cubes of pumpkin on a tray along with $1\frac{1}{2}$ tablespoons of olive oil and the salt.

4 - Roast for 30 min at 180°C or until the pumpkin is soft.

5 - While pumpkin is in oven, heat some oil in a pan, add the frozen onions and garlic, cook over a medium heat until soft (about 5 min).

6 - When pumpkin, onion and garlic are all cooked, add to a large bowl or pan (off the heat).

7 - Now add $\frac{1}{2}$ the vegetable stock and blend with a hand blender until stock is mixed in well.

Then add the remainder of the stock and blend until a soup like consistency.

8 - Ready for the freezer

Portion the soup into soup freezer bags and label, about one cup per portion. Keep open until cool then seal and freeze.

9 - Ready to Eat

Defrost and heat.

Great served with a splash of cream and some toasted pumpkin seeds or some pumpkin seed bread.

