

Pumpkin Soup

This recipe is family friendly. It's light on the pocket and is perfect to enjoy during the colder weather months. The addition of garlic makes this a good immune boosting meal. Omit the cream and it can be enjoyed as a dairy free meal.

Ingredients

- 2 tablespoons olive oil
- 1 onion, finely chopped
- 1 garlic clove, crushed
- 1/2 teaspoon ground cumin
- 1/2 teaspoon freshly grated nutmeg
- 1kg peeled pumpkin, diced
- 1 large potato, peeled, diced
- 1 Litre vegetable liquid stock
- 1/2 cup (125ml) thin cream

This recipe was shared by our chef, **Natasha Merkle** from the kitchen at **Guardian Clayfield**.

Method

1. Heat oil in a large saucepan over low heat, add onion and cook for 2-3 minutes, until softened but not coloured.
2. Add garlic and spices and cook, stirring, for 30 seconds.
3. Add pumpkin, potato and stock and bring to the boil.
4. Turn heat to low, cover and simmer for 30 minutes.
5. Allow to cool slightly. Use a stick blender or transfer to a blender and blend to your desired consistency.

Note: If cooling and freezing use food safe cooling Practices (2hr/4hr Cooling Rule).

