

Pumpkin Soup

An easy to make classic soup and family favourite.

Ingredients

- 1 butternut pumpkin, cut into chunks
- 2 large potatoes, quartered
- 1 large onion, chopped
- 1 litre (2.1 pints) vegetarian chicken stock
- 1 x 300 millilitres (.6 of a pint) coconut cream
- 1 tablespoon olive oil

Method

1. Saute onion in a large pan for 2 minutes in olive oil.
2. Add potato and pumpkin pieces. Cook for a further 3 minutes, then add stock.
3. Cook for 30 minutes. Add coconut cream, puree, and serve.

