

PUMPKIN SOUP

Make an old classic minus the 'Old & Classic' method! This delicious Pumpkin soup will feed your soul & belly.

NORMAL | 10 MINS | 4 HOURS | 4 SERVES

Ingredients

- 1kg peeled, chopped pumpkin
- 2 small onions, peeled and chopped
- 1 litre vegetable stock
- ½ cup of cream

Instructions

1. Place the pumpkin, onion and stock in the slow cooker.
2. Cook on LOW for 4 to 6 hours, until pumpkin is soft and cooked through.
3. Cool for 10 minutes.
4. Using a stick blender, blend until nice and smooth.
5. Stir in the cream.
6. Season to taste and serve.

Optional: Sautéing the pumpkin and onion first in a little extra virgin olive oil creates a slightly richer flavour.