

Pumpkin Soup

This winter warmer is also a hearty helping of veggies.

Ingredients:

1 Butternut Pumpkin (or ½ of Japanese pumpkin)
2-3 Potatoes
1 Sweet Potato (Yam)
4 Carrots
1 Medium White/Brown Onion
1L (4 cups) Vegetable or Chicken Stock

Method:

1. Peel pumpkin, potatoes and onion. Peeling the carrots is optional.
2. Chop all veggies into 1-2inch cubes, and slice onion thin.
3. Put all the veggies into a large pot and add the stock. You want the stock to almost cover top of veggies.
4. Bring to a boil on High heat, then reduce heat to Low and simmer for 10-20min (basically until all veggies are soft and mashable).
5. Remove from heat and Puree (I use our handmixer and it works pretty well) until it is smooth (should be a soup consistency).
6. Serve with Sour Cream (or Greek Yoghurt is a low fat option) and chives for garnish.

Notes: You can use any pumpkin for this recipe. However, Butternut/Japanese pumpkins are the sweetest