

Scott's Pumpkin Soup

Ingredients:

Oil
1 onion, chopped.
2 garlic cloves, minced.
1 small pumpkin peeled and diced.
2 carrots, diced.
2 stalks of **celery**, diced.
Vegetable stock
Salt and pepper
Cream (optional)

-Method:

- 1.Heat oil in a Pressure cooker or a large stock pot over medium heat. Add chopped onion and garlic, cooking until soft and golden.
- 2.Add diced pumpkin, carrots, and celery. Stir to coat vegetables in the onion and garlic mixture, letting them sauté slightly.
- 3.Pour in enough vegetable stock to cover the vegetables. Bring to a boil, then reduce heat and simmer for about 20 minutes until vegetables are tender.
- 4.Use an immersion blender or transfer soup to a blender to puree until smooth. Return mixture to the pot if necessary.
- 5.Season soup with salt and pepper. Optionally, stir in a splash of cream for extra richness.
- 6.Ladle soup into bowls and garnish with a swirl of cream and few fresh herbs.

Please note Allergens are in **Bold**.

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