

# AUTUMNAL PUMPKIN SOUP

## UTENSILS

Large saucepan  
Wooden spoon  
Chopping board  
Sharp knife  
Vegetable peeler  
Hand blender

## INGREDIENTS

1 white onion  
Vegetable oil  
2 garlic gloves  
1kg of pumpkin  
1/2 celery head  
1/2 leek  
1 veggie stock cube  
700ml water  
150ml double cream  
Salt & pepper

## MIX IT UP

Top with a handful of  
grated cheese of  
choice

Fry off bacon and  
chop into thin strips  
for a delicious  
topping

Freeze in batches,  
then you only need to  
defrost the portion  
size you need!

- 01** Thinly slice the onion and crush the garlic. Add oil to the pan and gently fry in a saucepan over a medium heat until softened and translucent in colour. Add the chopped leek and celery and cook until softened.
- 02** Peel the pumpkin or squash and chop into equal size pieces. Add to the pan. Top the vegetables with the 700ml of stock. Bring to the boil and then simmer until the vegetables are softened and cooked.
- 03** Blitz until smooth with a hand blender. Season with salt and pepper. The soup can be chilled down and frozen at this stage.
- 04** If eating immediately stir through the double cream or Vegan soya alternative.
- 05** Top with pumpkin seeds & serve with crusty bread

### MAKE YOUR OWN CROUTONS!

Cut bread into pieces, drizzle with oil, salt and pepper - toast in the oven for quick and easy croutons.