

Vegetable and Pumpkin Soup

Ingredients:

2 onions – finely chopped
2 Tlbs butter
2 cups of pumpkin – peeled and diced
4 cups mixed vegetables – peeled and diced
4 cups hot water
4 tbsp vegetable stock
1 tsp each ginger, mustard, and nutmeg
Salt and pepper to taste

Method:

1. In a large pot put the onions and butter and cook together until soft
2. Add chopped pumpkin and mixed vegetables, stir well into onion butter
3. Cook 2 – 3 minutes
4. Add spices, stock and hot water to pot, mix well and leave to cook for 15 – 20 minutes, stirring occasionally
5. When vegetables are soft, add 4 cups of milk, blend together with a stick blender until smooth
6. Keep warm with lid but do not reboil