

# MRS PEABODY'S PUMPKIN SOUP

## YOU WILL NEED

- ☆ 1 butternut squash or pumpkin
- ☆ 1 potato
- ☆ 1 carrot
- ☆ 1 onion
- ☆ 2 tbs olive oil
- ☆ 2 vegetable stock cubes
- ☆ Salt and pepper to taste

## HOW TO DO IT:

1. Peel and dice your onion, carrot and potato. Then peel your butternut squash or pumpkin and deseed it - reserve the seeds, and cut it in cubes as well.
2. In a large pot, heat oil in a pan and fry the onion first until golden.
3. Add the potato, carrot and butternut squash or pumpkin and cook until golden for about 10 -15 minutes
4. Dissolve the stock cubes in 2L boiling water and add it to the pan.
5. Bring to the boil and simmer for 20 minutes until all vegetables are soft.

## TOP TIP!

Put the butternut squash or pumpkin seeds in a tray and drizzle with olive oil and a pinch of salt. Roast them for 20 minutes until crunchy and golden. They are excellent healthy snacks and a nice topping for soups and salads!

6. Using a stick mixer liquefy all the soup until it's nice and smooth.
7. Taste and season with salt and pepper accordingly.

## EXTRA TASTY TOPPINGS:

- ☆ Chopped parsley or coriander
- ☆ A spoonful of creme fraiche
- ☆ A sprinkle of dried chilli
- ☆ Grated cheddar
- ☆ Chopped walnuts

