



# Pumpkin Soup

Serves: 1

Prep time: 10 Minutes

Cooking time: 15-20 Minutes

## Ingredients:

- 1 cup chopped pumpkin
- ½ cup chopped sweet potato
- 1 tablespoon butter
- ½ small brown onion, chopped
- 1 clove garlic, minced
- 1 cup vegetable stock
- Salt & Pepper to taste

## Garnish \*optional

- Drizzle of cream or sour cream
- [Croutons](#)
- Chopped chives

## Method:

- Melt butter in small saucepan over medium heat
- Add the onion and garlic, cook for 2-3 minutes till onion softens and you can smell the garlic
- Add vegetable stock, pumpkin and sweet potato and cook for 10-15 minutes till tender
- Remove from heat, cool slightly and blend till smooth with stick blender or similar
- Pour into serving bowl

**\*Top with cream, croutons and/or chives**



*Tasty-Quick-Easy-Fresh*