



Golden Vegetable Soup

INGREDIENTS

2 tabs oil
1 onion, diced
1 clove garlic, crushed
1/2 butternut pumpkin, diced
Approx 500g mixed root vegetables (eg carrot, sweet potato, etc), diced
1 litre water
1 teasp stock powder
1/2 teasp nutmeg
1/2 teasp ground coriander
1/2 teasp ground cumin
Salt & pepper

METHOD

1. Prepare all vegetables.
2. Heat oil and sweat onion and garlic until soft but not browned. 5-10 minutes.
3. Add nutmeg/spices and cook 1-2 minutes.
4. Add pumpkin and diced root vegetables.
5. Add water and stock powder and bring to the boil.
6. Cover and simmer for at least 20-30 mins, until vegetables are soft.
7. Cool slightly and blend. Adjust consistency as required.
8. Taste and adjust seasoning.

NOTES

Other vegetables can be added, eg cauliflower, broccoli etc, and a different variety of pumpkin can be used. Spices are optional but they do enhance the flavour, especially when fried with the onion and garlic. Don't forget to taste after blending and add extra salt and a little sugar if required!

