

# Pumpkin Soup



Make an old classic minus the 'Old & Classic' method! This delicious Pumpkin soup will feed your soul & belly.

## **Ingredients**

- 1 kg peeled, chopped pumpkin
- 1 small onions, peeled and chopped
- 1 litre vegetable stock
- 1/2 cup of Black & Gold cream

## **Method:**

1. Place the pumpkin, onion and stock in the slow cooker.
2. Cook on LOW for 4 to 6 hours, until pumpkin is soft and cooked through.
3. Cool for 10 minutes.
4. Using a stick blender, blend until nice and smooth.
5. Stir in the cream.
6. Season to taste and serve.