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 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.