



Food Discovery Pumpkin Soup

Enough for 6 people

Ingredients:

1 medium sized pumpkin
1 large potato
1 large carrot
1 onion
2 tablespoons vegetable oil
1 vegetable stock cube

To add when serving your soup;
dollop of sour cream
sprinkle of fresh chopped chives

serve with crusty bread

Method

- Peel all vegetables and de-seed the pumpkin.
- Chop all the vegetables into chunks
- Heat oil in a large pan and fry all vegetables until golden.
- Add 2 litres hot water to the pan and crumble in the stock cube.
- Bring to the boil and simmer for 20 minutes until all vegetables are soft.
- Using a stick mixer liquefy all the soup until it is nice and smooth.
- Add a dollop of soured cream and a sprinkle of chopped chives to serve.

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