

PUMPKIN SOUP



Prep and cook time: 1 hour

Freezer friendly

Ingredients

- 1 tablespoon olive oil
- 1 onion, finely diced
- 1 clove garlic, crushed
- 1 stick celery, finely diced
- 1kg pumpkin, peeled, de-seeded and chopped
- 1 large potato, peeled and chopped
- 1 large carrot, finely diced
- 2 litres reduced salt chicken or vegetable stock
- 1/2 teaspoon pepper

Method

1. Heat oil in a large saucepan over medium heat.
2. Add onion and garlic and cook for 2 minutes or until softened.
3. Add celery, pumpkin, potato, carrot and stock and bring to the boil.
4. Turn heat to low, cover and simmer for 30 minutes or until all vegetables are soft.
5. Allow to cool slightly before using a stick blender to puree the soup until it is smooth.
6. Add pepper.
7. Pour into leak proof containers such as a thermos and store in the fridge ready to be added to the lunchbox.

