

Fresh for Kids®

Easy butternut pumpkin soup



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Preparation: about 20 minutes
Cooking: about 45 minutes
Serves: 4

This soup thickens on standing, add extra stock if necessary. You'll need about 1kg pumpkin to yield 750g peeled chopped pumpkin.

2 tbs olive oil
2 brown onions, chopped
2 garlic cloves, finely chopped
750g peeled and chopped butternut pumpkin
3 cups chicken or vegetable stock
Salt and ground black pepper
Toast to serve

1. Heat oil in a large saucepan over medium heat. Add onion and garlic, cook, stirring often for 5 minutes. Add pumpkin and cook, stirring often for 5 minutes.
2. Add stock, cover and bring to the boil. Reduce heat to medium-low and cook, stirring occasionally for 25-30 minutes until pumpkin is very tender.
3. Puree until smooth. Return to heat, season with salt and pepper to taste and heat soup until hot. Ladle into bowls or mugs and serve with toast.

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