

PUMPKIN SOUP

SERVES 4-5



INGREDIENTS

1/2 butternut pumpkin, chopped

2-3 tbsp butter

1 onion, finely diced

Cumin

Nutmeg

Thickened cream

Vegeta

METHOD

Boil pumpkin with 1 teaspoon of Vegeta.

Meanwhile, fry the onion in butter until soft, then add the cumin and nutmeg.

Transfer pumpkin and onion into a food processor. Add some of the water you used to boil the pumpkin; the amount depends on how thick you like your soup.

Add some thickened cream.

Blitz until smooth and garnish with parsley!

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FOR VIDEO

Youtube: Sisters of the Holy Family
of Nazareth - Australia