

# Butternut pumpkin soup



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Preparation 20 mins | Cooking 50 mins | Serves 4

This delicious soup is so easy to make. The soup thickens on standing, add extra stock if necessary.

2 tbs olive oil  
2 brown onion, roughly chopped  
2 garlic cloves, finely chopped  
1.2 kg butternut pumpkin, peeled, deseeded and chopped\*  
4 cups chicken or vegetable stock  
Natural Greek-style yoghurt or sour cream, to serve  
Crusty bread, to serve

*\*You'll need 850g chopped pumpkin*

**STEP 1** Heat oil in a large saucepan over medium heat. Add onion and garlic and cook, stirring often, for 5 minutes. Add pumpkin and cook, stirring often, for 5 minutes until it begins to soften.

**STEP 2** Add stock, cover and bring to the boil. Reduce heat to medium low and cook, stirring occasionally, for 30-35 minutes until pumpkin is very tender.

**STEP 3** Using a hand blender, puree soup until smooth. Season with salt and pepper to taste. Reheat soup until hot. Ladle into bowls, drizzle with yoghurt or sour cream and serve with crusty bread.

### Good for you... *PUMPKIN*

*Like other orange-fleshed vegetables, butternut pumpkin is a good source of beta carotene, which the body converts to vitamin A. Also provides many related carotenoids which help keep body tissues healthy. Provides potassium, which the body puts to good use in combating the harmful effects that excess sodium (from salt) can have on blood pressure.*

