

Pumpkin Soup

- Serves 4 people -

INGREDIENTS:

1/2 kg Pumpkin	1 tbsp Cooking oil
2 Spring onions	2 Cups water
1 Red onion	1/2 tsp Salt
1 tbsp Parsley leaves	1/4 tsp Pepper
1 tsp Turmeric powder	
4 Red tomatoes	
2 inches Ginger	
1/2 Vegetarian stock cube	

METHOD:

- STEP 1** Cut the pumpkin, spring onions and the red onion into cubes.
- STEP 2** Heat the cooking oil in a pot and add turmeric, ginger, garlic and onion, stir and fry until golden.
- STEP 3** Add pumpkin and water and boil until the pumpkin is tender and then add the vegetarian stock.
- STEP 4** When the pumpkin is boiled soft, leave to cool, then mix in a blender to make a soup. Reheat the soup and add salt and pepper to taste.
- STEP 5** Sprinkle parsley for topping.

