

# Spiced Pumpkin Soup

@HUMANSPLUSAHOME

## INGREDIENTS

2 tablespoons olive oil  
1 large onion  
2 cloves garlic  
1/4- 1/2 medium pumpkin  
2 large potatoes  
3 medium-large carrots  
1/2 teaspoon curry powder  
1 heaped teaspoon chicken stock powder  
300mls thickened cream



## METHOD

Dice the onion and crush the garlic.

Peel and chop the vegetables.

In a large saucepan heat the oil and add in the onion and garlic. Stir while sauteing til onion is soft.

Add in the chopped vegetables and curry powder and saute for another couple of minutes.

Add in the stock powder and enough water to fill to half the height of the veggies.

Bring to the boil and simmer til the vegetables are cooked through.

Once the vegetables are soft, transfer the soup to a blender and puree until there are no lumps. You may need to do this in batches.

Return soup to the saucepan and pour in the cream. Heat through and serve.

*Humans + a Home*  
CHERISHING WHAT MATTERS MOST

