



## Pumpkin soup (camp)



**Serves: 50**

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Onion (roughly diced)	200	g		
Carrot (roughly diced)	1	kg		
Pumpkin, Japanese or Butternut (roughly chopped)	4	kg		
Celery (finely sliced)	1	kg		
Sweet potato (roughly chopped)	1	kg		
Garlic (crushed)	100	g		
Potatoes (roughly chopped)	2	kg		
Water	7-10	L		

### Procedure

Step 1: Roughly dice onion, carrot and celery.

Step 2: With 1 tsp salt, sweat the onion, carrot and celery slowly in 200g margarine for 15 minutes on low-med heat.

Step 3: When very, very well sweated but with only slight colour on onion, add pumpkin, garlic, potato and sweet potato.

Step 4: Add enough water to just cover vegetables.

Step 5: Bring to boil and simmer for further 2 hours (approx.).

Step 6: Blend soup with large stick blender, a little texture is fine.

Step 7: Season to taste with sugar, salt and pepper.

### Common allergens present:

<input type="checkbox"/> Milk (dairy)	<input type="checkbox"/> Egg	<input type="checkbox"/> Fish	<input type="checkbox"/> Crustacean	<input type="checkbox"/> Mollusc
<input type="checkbox"/> Sesame	<input type="checkbox"/> Lupin	<input type="checkbox"/> Soy	<input type="checkbox"/> Peanut	<input type="checkbox"/> Wheat
<input type="checkbox"/> Barley	<input type="checkbox"/> Oats	<input type="checkbox"/> Rye	<input type="checkbox"/> Gluten	
Tree nuts:				
<input type="checkbox"/> Almond	<input type="checkbox"/> Brazil nut	<input type="checkbox"/> Cashew	<input type="checkbox"/> Hazelnut	<input type="checkbox"/> Macadamia
<input type="checkbox"/> Pecan	<input type="checkbox"/> Pine nut	<input type="checkbox"/> Pistachio	<input type="checkbox"/> Walnut	