



Pumpkin soup (family)



Serves: 6-8

Ingredients (include brand)	Amounts		Common allergens present	Ingredient substitution options
	Quantity	Units		
Onion (roughly diced)	2			
Carrot (roughly diced)	2			
Pumpkin, Japanese or Butternut (roughly chopped)	½	medium		
Celery (finely sliced)	½	bunch		
Sweet potato (roughly chopped)	2	medium		
Garlic (crushed)	1	Tbsp		
Potatoes (roughly chopped)	4			
Water	1	L		

Procedure

Step 1: Roughly dice onion, carrot and celery.

Step 2: To a large saucepan, add onion, carrot and celery and salt. Stir slowly for 15 minutes on low-med heat.

Step 3: When 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 until the vegetables are soft (approx 30 minutes).

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

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

Step 8: Serve with bread and margarine.

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	