

Serves 6-8

Ingredients	Quantity	Common allergens present	Alternative ingredients/modifications
Onion, roughly diced	2		
Carrot, roughly diced	2		
Pumpkin (Japanese or butternut), roughly chopped	½ medium pumpkin		
Celery, finely sliced	½ bunch		
Sweet potato, roughly chopped	2 medium		
Garlic, crushed	1 Tbs		
Potatoes, roughly chopped	4		
Water	1 litre		
Bread	½ loaf	Wheat	Wheat/gluten free bread
Margarine		Cow's milk	Dairy free margarine (e.g. Nuttelex)

Method

1. Roughly dice onion, carrot and celery.
2. To a large saucepan, add onion, carrot and celery and salt. Stir slowly for 15 minutes on low-med heat.
3. When only slight colour on onion, add pumpkin, garlic, potato and sweet potato.
4. Add enough water to just cover vegetables.
5. Bring to boil and simmer until the vegetables are soft (approx 30 minutes)
6. Blend soup with large stick blender, a little texture is fine.
7. Season to taste with sugar, salt and pepper.
8. Serve with bread and margarine.



Common allergens present:				
<input checked="" type="checkbox"/> Wheat	<input checked="" type="checkbox"/> Gluten	<input type="checkbox"/> Egg	<input type="checkbox"/> Peanut	<input type="checkbox"/> Tree nut
<input checked="" type="checkbox"/> Cow's milk	<input type="checkbox"/> Fish	<input type="checkbox"/> Shellfish	<input type="checkbox"/> Sesame	<input type="checkbox"/> Soy
<input type="checkbox"/> Lupin				