

Roasted Pumpkin Soup

Ingredients

1 kg of pumpkin or 1 med size butternut

2 medium onions

2 medium size potatoes

3 cloves of garlic

6 cups of chicken stock or vegetable

1 tsp. of grated or crushed ginger

1 tsp. of salt

Oil for roasting

Method

Heat oven to 180°C

Chop up pumpkin, potatoes, onions place in oven and cook for 45 min until just roasted.

Add the garlic half way through so it doesn't brown too much.

When all cooked, place in saucepan and pour in the stock, add the ginger and salt

You can use a hand blender to mix all together, or blend batches in food processor with 2 cups of stock then add all together in saucepan.

Bring to boil, then simmer for 20 minutes

Serve with a dollop of coconut cream some coriander or parsley and some cracked pepper or nutmeg

Warm and tasty soup

