



# PUMPKIN CARROT AND GINGER SOUP



## Ingredients

- 800 grams cut pumpkin (about 5 cups) or pumpkin puree (if you don't have pumpkin you can use butternut squash)
- 4 carrots, peeled and chopped
- 1 onion
- 2 garlic cloves
- 1 teaspoon fresh ginger
- 1 teaspoon ground cumin
- ½ teaspoon curry powder
- ½ teaspoon paprika
- 2 tablespoons olive oil
- 2 cups vegetable stock
- Water to boil the veg

## Method

1. Peel and cut the pumpkin and carrot into cubes. Place in a large saucepan and cover with water. Simmer over a medium heat until the vegetables are tender.
2. In the mean time dice the onion, crush the garlic and ginger.
3. In a large saucepan over a medium heat place the olive oil and add the onion, garlic and ginger. Saute for 3 minutes.
4. Add the curry powder, paprika and ground cumin and stir, sauteing for a further minute.
5. Add the vegetable stock to the saucepan and simmer for five minutes until all the ingredients flavours have combine.

6. Drain the pumpkin and carrots and add to the saucepan of simmering stock.
7. To blend the ingredients into a smooth soup you can either use a wand/stick blender or you can place all the ingredients into a food processor.
8. Whizz the ingredients all together until the soup is smooth. Return to the saucepan and simmer for a few minutes and serve.