



# I.P.A ADULTS



## Pumpkin Soup

Pumpkin soup in the autumn is something that never gets old. It's healthy, super creamy, and keeps you cosy. Some squashes will take longer than others to cook, so be sure to keep the simmer going until the squash is completely softened and fork-tender for the creamiest soup texture.

We use a little double cream in our version for extra richness, but if you want to skip the dairy, you can totally sub coconut milk. If you want to make it vegetarian, a simple swap for vegetable stock will do the trick. We also keep the seasoning to a minimum in this recipe, but don't let us stop you from adding some of your favourite herbs and spices: pumpkin plays really well with both sweet spices and savoury herbs.

### INGREDIENTS

- 1 tbsp. extra-virgin olive oil
- 1 large onion, coarsely chopped
- 1 (1.8kg.) pumpkin
- 4 cloves garlic, crushed
- 1 l low-salt chicken or vegetable stock
- salt
- Freshly ground black pepper
- 120 ml double cream, plus more for garnish (optional)



### DIRECTIONS

In a heavy soup pot or casserole dish over medium heat, heat oil. Add onion and garlic and cook until golden. Meanwhile, halve, peel, and scrape out seeds of the pumpkin. Cut into chunks.

Add pumpkin chunks and stock to pot. Season with salt and pepper. Bring to a boil, uncovered, then reduce heat to a simmer. Simmer until pumpkin is fork-tender, about 30 minutes.

Remove pot from heat and, using an immersion blender, blend mixture until smooth. (Alternatively, let soup cool, then blend in a blender.) Stir in cream and season to taste.

To serve, ladle soup into bowls, add a swirl of cream, and garnish with pepper.

**MAKES:** 4 SERVINGS

**PREP TIME:** 0 HOURS 10 MINS

**TOTAL TIME:** 0 HOURS 50 MINS