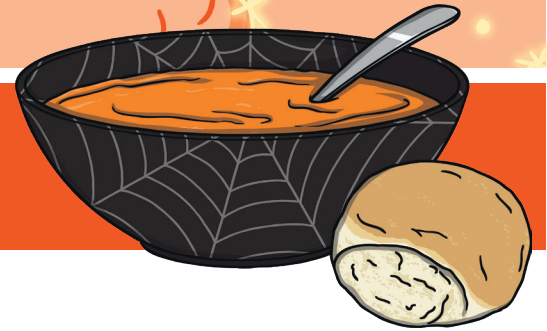


Vegetarian Recipe



Pumpkin Soup

Ingredients

2kg pumpkin

500ml water

2 onions

1 vegetable stock cube

30 grams sunflower spread

To serve

Bread rolls



Method

1. Chop the pumpkin into small cubes.
2. Chop the onion finely.
3. Put the sunflower spread into a large saucepan and heat on a medium heat.
4. When sizzling, add the onions. Fry until they go transparent.
5. Add the pumpkin and mix well.
6. Add just enough water to cover all the ingredients in the pan.
7. Crush the stock cube and sprinkle into the pan. Bring to the boil.
8. Simmer until the pumpkin goes soft.
9. Blend the mixture.
10. Put the soup back in the pan and reheat.
11. Put into bowls and serve with bread rolls.

Disclaimer:

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.