

Sweet potato, onion and pumpkin soup with garlic croutons

Ingredients

450g of sweet potato freshly harvested from our garden

An equal amount of pumpkin also grown with love and freshly harvested from our garden.

3 onions or 6 spring onions

¼ cup of parsley from our garden

2 garlic cloves

1 litre of vegetable stock.

2 Tbsp of veg oil

1 tsp of cumin seeds

1 tsp of ground coriander

Method

Prepare the litre of stock according to directions.

Peel the pumpkin and sweet potato, cut into even sized pieces, place aside.

Cut the onions into ¼'s. Peel the garlic, chop.

Wash and remove the stalks from the parsley.

Heat a large pot, add oil.

Add onion and garlic, cook for 2 minutes, stirring all the time.

Add the stock, pumpkin and sweet potato, cumin and coriander.

Bring to boil, reduce heat to medium and cook for approximately 15 minutes or until vegetables are soft.

While this is happening you have to make the croutons. See separate recipe.

When soup is cooked, blend in batches. Using a wooden spoon, mix the cream through....