

# CREAMY PUMPKIN OR CARROT SOUP

## **INGREDIENTS**

1 Kg of pumpkin or carrot (depending on what produce is in our garden)

2 potatoes

1 brown onion

1 litre chicken stock

1tsp oil

1 cup of cream

Small handful of fresh herbs to garnish

## **METHOD**

Peel and dice pumpkin or carrot.

Peel and dice potato and onion.

Heat oil in a large saucepan, cook onion for 2 minutes.

Add stock, then pumpkin/carrot and potatoes.

Boil until soft.

Once tender blend with a stick mixer until smooth.

Add cream and stir.

Place in serving jugs, garnish with fresh herbs. Enjoy.