

Pumpkin Soup Recipe

Delicious and creamy, our healthy pumpkin soup recipe is easy to make and perfect for the crisp autumn months. It's also a great way to use up leftover pumpkins after Halloween!

Prep Time: 1 hour 10 minutes

Serves: 4 people

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Ingredients

- 3 garlic cloves
- 1 onion, large
- 1kg pumpkin or butternut squash
- 5 stalks thyme, fresh
- 1/4 tsp black pepper, freshly ground
- 1 red pepper
- 1 tsp salt
- 2 tbsp olive oil
- 900ml vegetable stock or water

Method

STEP 1

Preheat the oven to 200C and prepare your vegetables.

STEP 2

Peel, deseed and cut the pumpkin into chunks. Add the pumpkin chunks, deseeded and chunked red pepper, onion, garlic cloves and thyme to a baking tray. Drizzle with olive oil and toss to coat.

STEP 3

Place the tray in the oven and roast the vegetables for 35 - 40 minutes or until the pumpkin pieces are soft and slightly caramelized.

STEP 4

Remove the tray from the oven and discard the thyme stalks. Transfer the roasted vegetables to a large pot. Add salt, black pepper, and stock or water. Cook for 15 minutes on medium-high heat.

STEP 5

Blend the mixture until smooth using a blender, food processor or hand blender. Check the seasoning and adjust the salt to taste.

STEP 6

Serve the pureed soup hot or at room temperature.

Note:

This delicious vegan pumpkin soup would also work perfectly with butternut squash, acorn squash or sweet potatoes.

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