



Pumpkin Soup



Ingredients

2kg pumpkin

500ml water

8 rashers of rindless
bacon (optional)

2 onions

1 vegetable stock cube

30g sunflower spread

To serve

bread rolls

Method

1. Chop the pumpkin into small cubes.
2. Chop the onion finely.
3. If you are using bacon, cut it into small pieces.
4. Put the sunflower spread into a large saucepan and heat on a medium heat.
5. When sizzling, add the bacon (optional) and fry for a few minutes. Then add the onion.
6. Continue to fry until the onions go transparent.
7. Add the pumpkin and mix well.
8. Add just enough water to cover all the ingredients in the pan.
9. Crush the stock cube and sprinkle into the pan. Bring to the boil.
10. Simmer until the pumpkin goes soft.
11. Blend the mixture.
12. Put the soup back in the pan and reheat.
13. Put into bowls and serve with bread rolls.