Pumpkin soup
Serves 6-8

Equipment:
- Knife and chopping board
- Large stockpot
- Stick blender

Ingredients:
- 1 butternut pumpkin
- 2 Large onions
- 250 grams Potatoes
- 1 litre Chicken or vegetable stock
- 1 cup Sour cream
- Sprinkle salt and pepper
What to do:

• Peel and cut pumpkin and potatoes into small pieces, chop onions and place into a large saucepan

• Add stock and bring to the boil.

• Reduce heat and simmer, uncovered for 25 minutes or until vegetables are soft.

• Puree cooked ingredients with the blender, return to saucepan and add sour cream, salt and pepper and simmer for 5 more minutes.