

Butternut pumpkin soup

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Butternut pumpkin soup

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This butternut pumpkin soup recipe is packed full of goodness

Ingredients (serves 4)

- 1kg butternut pumpkin
- 2 brown onions
- 1 Granny Smith apple
- 2 celery sticks
- 1 litre of vegetable stock
- Dash of cream (optional)
- Salt and pepper

Method

Peel pumpkin and remove seeds, finely slice brown onion, peel and core apple. Roughly chop pumpkin, celery and apple.

Saute onions in a large pot add pumpkin, apple, celery and vegetable stock. Boil until pumpkin is tender.

Place mixture into blender until smooth. Add salt to taste and serve.

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