

Pumpkin Soup



Ingredients

500g pumpkin
250g carrots
6 cups chicken stock
1 onion (peeled and chopped small)
250g ripe tomatoes (maybe tin of chopped tomatoes)
Black pepper
3 tbsps non fat yoghurt (optional)
2 tbspsn chopped basil or coriander

Method

Peel pumpkin and cut into cubes. Chop carrot to similar size to pumpkin.

Cook pumpkin and carrot in a saucepan with stock. Bring to the boil and simmer covered for 20 minutes or until soft.

In another pot add onion, tomatoes and 2 tablespoons of stock from the pumpkin. Bring to boil, turn heat down and simmer till mushy. Note if using fresh tomatoes, remove the skin and chopped them before adding to the pot

Then put both mixtures through a blender together and return to a clean pan.

Add pepper, yoghurt and basil or coriander to taste.