

# THE KITCHEN

## KIDS IN

# Pumpkin Soup With William



- Before you begin
- Wash your hands
- Tie your hair back

### Ingredients

- 1.5kg Peeled, seeded, chopped pumpkin
- 1 Onion, finely chopped
- 1 Litre Vegetable Stock
- 1 Cup cream
- Tsp grated or ground nutmeg
- Freshly ground black pepper, to taste
- Extra Cream/Sour Cream and Chives to garnish

### Method

- Step 1 - Place pumpkin, onion and stock in a large saucepan.  
Bring to the boil, heat and simmer for 20 minutes.
- Step 2 - Transfer mixture to a blender, in batches, and puree.  
Return to the saucepan. Stir in Cream, nutmeg and pepper.  
Cook until heated through.  
Serve with fresh crusty bread and cream/sour cream and chives.