



## **Pumpkin Soup Recipe**

### **Ingredients**

- 1 pound pumpkin chopped**
- 1 ounce of butter**
- 1 medium onion finely chopped**
- 2 cloves garlic crushed**
- 3 cups chicken stock**
- 1 tablespoon tomato paste**
- 1 tablespoon grated parmesan cheese**
- salt and pepper to taste**

### **Preparation**

**Chop the pumpkin into large cubes discarding the skin and seeds. In a large saucepan, sweat the onion and garlic in butter until the onion is clear. Add the pumpkin and garlic then sweat for a minute. Add three cups of chicken stock and the tomato paste, cover and simmer for 20 minutes or until the pumpkin is tender. Rinse a blender in boiling water to warm and blend the soup mixture. Serve sprinkled with grated Parmesan cheese.**

**This soup can be made two days in advance and can be frozen for two months. Add the cheese when re-heating just prior to serving.**

**Enjoy!**