

## Mt Eliza Primary School Kitchen Garden Program



## **Roast Pumpkin Soup**

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Large saucepan
Baking trays
Measuring cups and spoons
Wooden spoon
Blender
Potato peeler
Chopping board
Sharp knife

## Ingredients

- 1 kg of pumpkin, roasted
- 4 garlic cloves, roasted
- 2 tbsp of butter or nutellex
- 1 medium leek, trimmed, halved, washed, sliced
- 3 medium cream delight potatoes, peeled,
- 3 litres of chicken stock (2 stock cubes in 3 L of water)
- 2 tablespoons of pure cream
- 1 tablespoon of chopped fresh chives

## What to do:

- 1. Squeeze 3 garlic cloves from skin. Reserve. Discard skin. Melt butter or nutellex in a large saucepan over medium-high heat. Add leek. Cook, stirring, for 3 minutes or until leek has softened. Add potato. Cook, stirring, for 5 minutes.
- Add stock. Season with pepper. Cover. Bring to the boil. Reduce heat to medium-low. Simmer for 15 minutes or until potato is tender. Stir in roasted pumpkin and garlic. Cook for 5 minutes or until heated through. Set aside for 5 minutes to cool slightly.
- Blend pumpkin mixture until smooth. Return to pan over low heat. Cook, stirring, for 2 to 3
  minutes or until heated through. Ladle into serving bowls. Drizzle with cream and sprinkle with
  chives.