



Pumpkin Soup

Ingredients

- 2kg pumpkin
- 500ml water
- 8 rashers of rindless bacon
- 2 onions
- 1 chicken stock cube
- 30g sunflower spread
- to serve: bread rolls

Method

1. Chop the pumpkin into small cubes.
2. Cut the bacon into small pieces.
3. Put the sunflower spread into a large saucepan and heat on a medium heat.
4. While sizzling, add the bacon. Fry for a few minutes, then add the onion.
5. Continue to fry until the onions turn transparent.
6. Add the pumpkin and mix well.
7. Add just enough water to cover all the ingredients in the pan.
8. Crush the stock cube and sprinkle into the pan. Then, bring it to a boil.
9. Simmer until the pumpkin softens. Then, blend the mixture.
10. Put the soup back in the pan to reheat. Put into bowls and serve with bread rolls.



Disclaimer:

We hope you find this resource useful. These recipes are intended as general guide only and involve the use of knives and kitchen appliances. It is your responsibility to assess risks and ensure the activity is safe for those participating. We will not be held responsible for the health and safety of those participating and cannot accept any liability. It is also your responsibility to ensure you are fully aware of the allergies and health conditions of anyone making or consuming these products – noting potential allergens included in the ingredients.

