

# Easy Pumpkin Soup

In the story the little girl mentions that she likes her pumpkin soup less hot than adults. Use the recipe below to make pumpkin soup and see how hot your children like it.

## YOU WILL NEED

- 1kg peeled pumpkin cut into wedges
- 1 onion
- 2 garlic cloves - peeled
- 2 teaspoon olive oil
- 3 cups vegetable or chicken stock
- 1 cup water
- 1/2 - 3/4 cup coconut cream
- Salt and pepper to season

## INSTRUCTIONS

- 1 Coat the pumpkin, onion and garlic in olive oil.
- 2 Place on a lined tray and bake at 180°c for 40mins or until pumpkin is tender.
- 3 When cooled have children use a spoon to remove the skin from the pumpkin.
- 4 Add pumpkin, onion, garlic, stock and water to a pot and heat until just boiled.
- 5 Remove from heat and carefully blend until smooth.
- 6 Stir through coconut cream - adjusting to desired flavour.
- 7 Season with salt and pepper and cool for young children.
- 8 Serve in hollowed out crusty bread rolls.



Follow a sequence of steps for making designed solutions such as a recipe.

