

Making pumpkin soup

Ingredients:

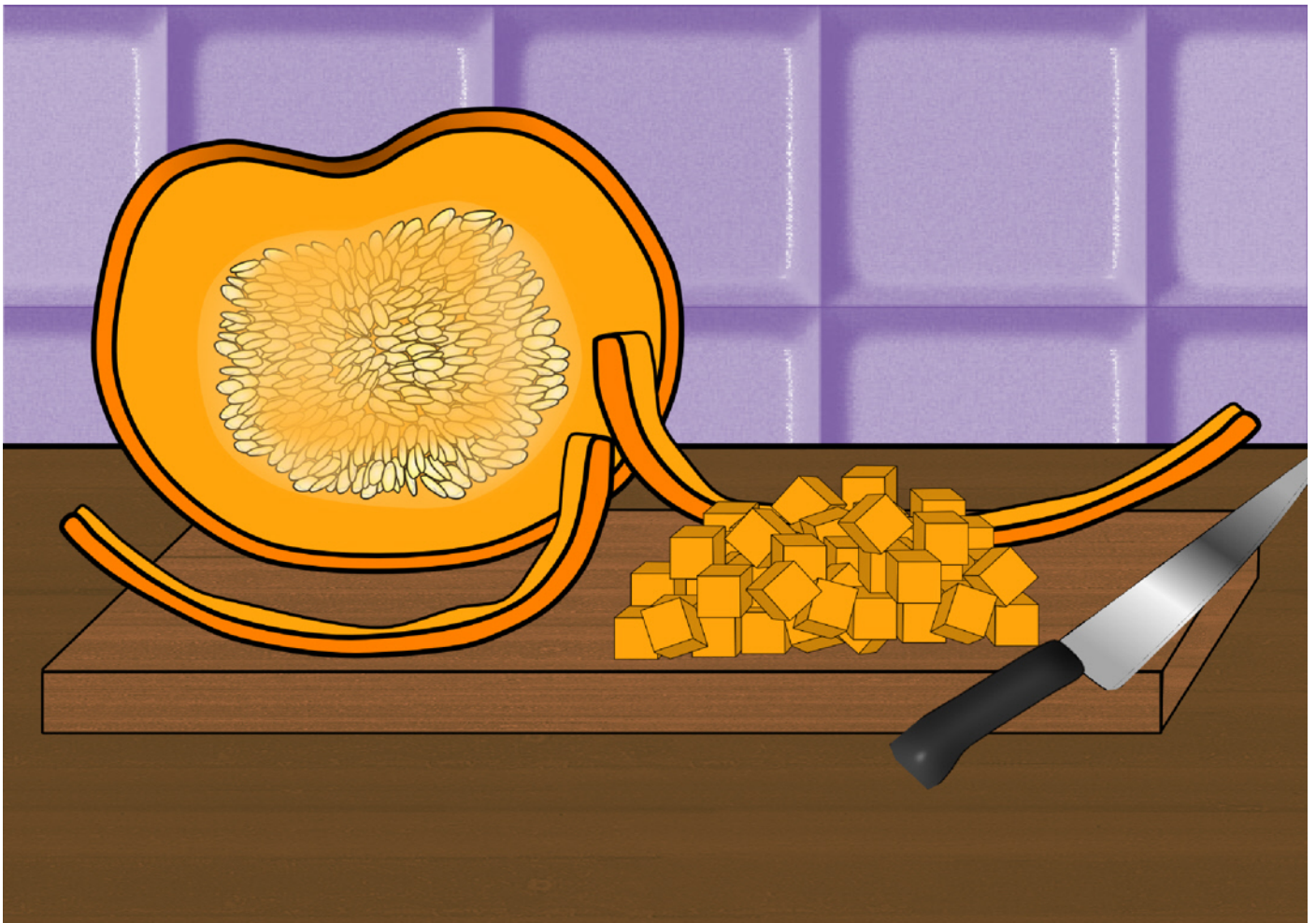
- 2kg pumpkin
- Approx. 500ml water
- 8 rashers rindless bacon
- 2 onions
- 1 chicken stock cube
- 30 grams sunflower spread
- bread rolls (to serve)



Making pumpkin soup

1.

Cut pumpkin into small cubes.



Making pumpkin soup

2.

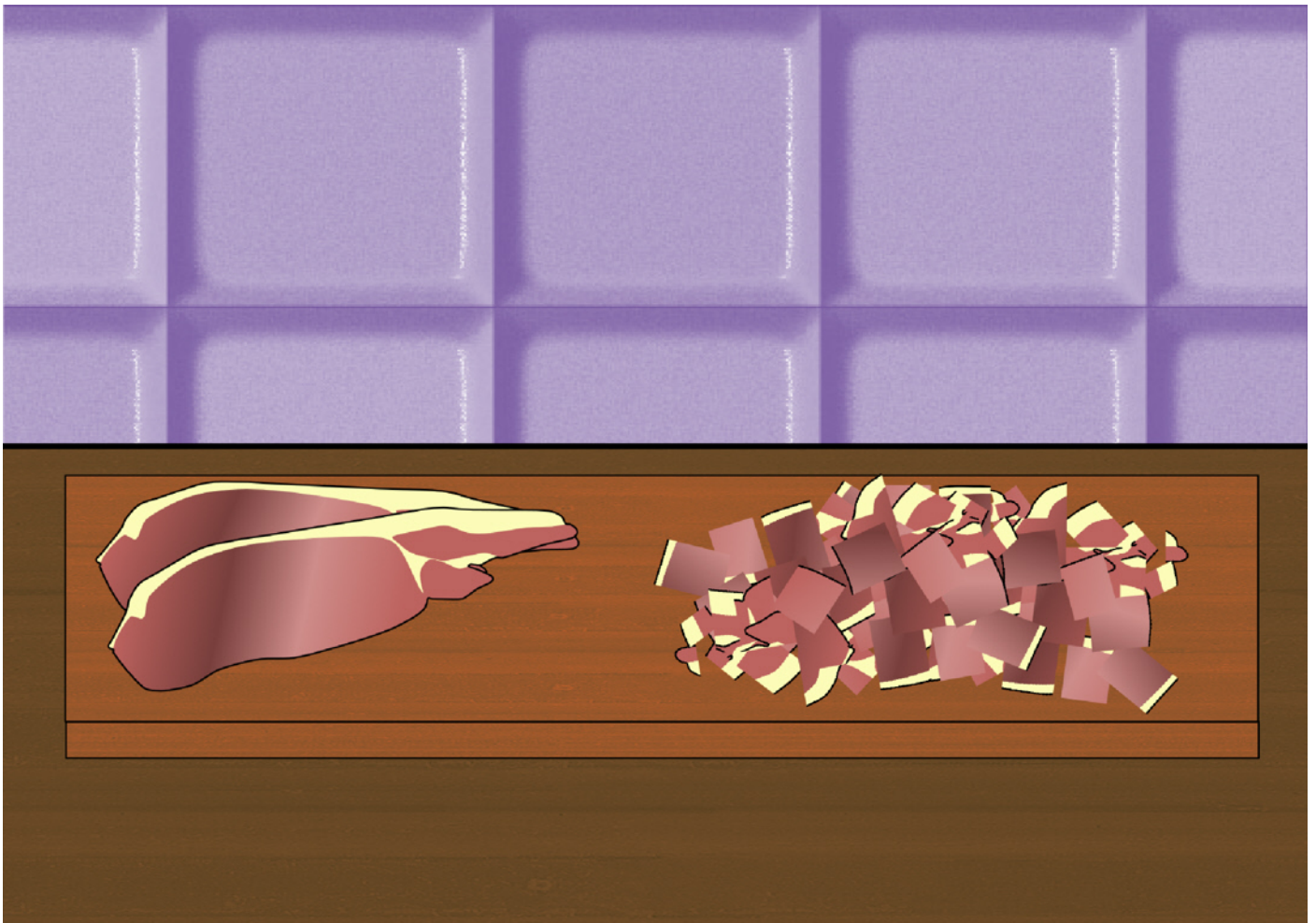
Finely chop the onion.



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3.

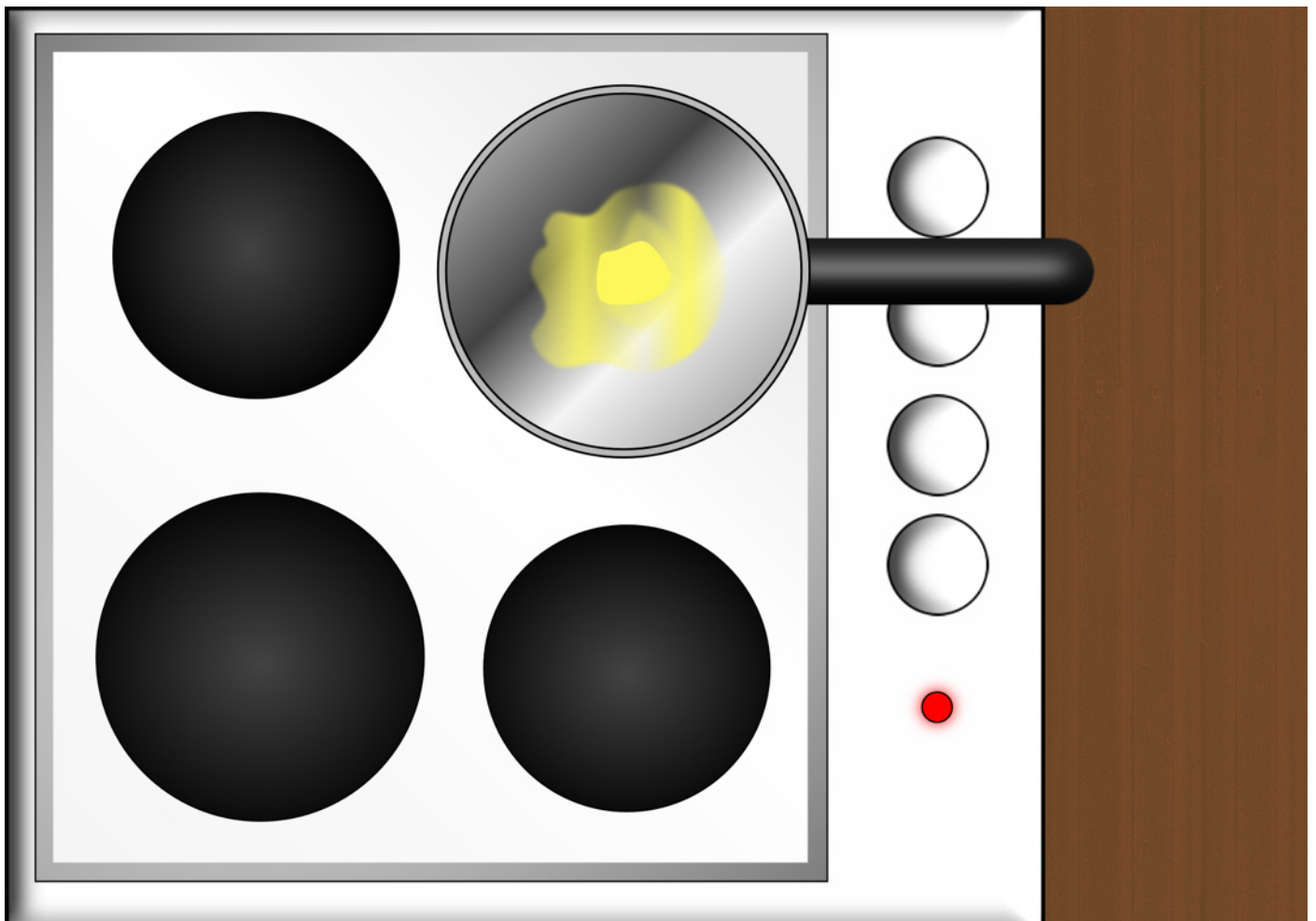
Chop the bacon into
small pieces.



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4.

Heat the sunflower spread
in a large saucepan
at a medium heat.

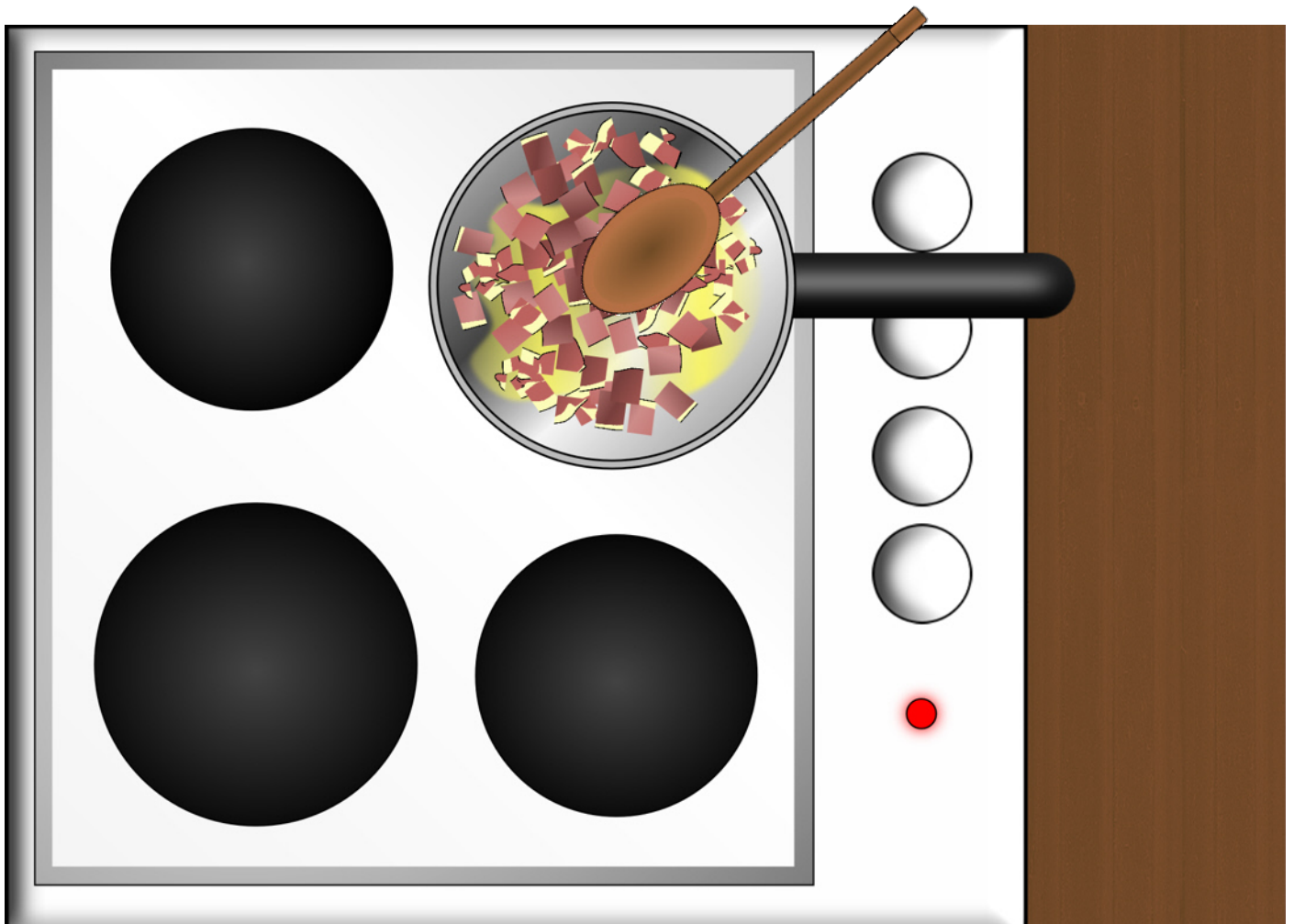


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5.

When sizzling, add the bacon.
Fry for a few minutes, stirring
constantly.

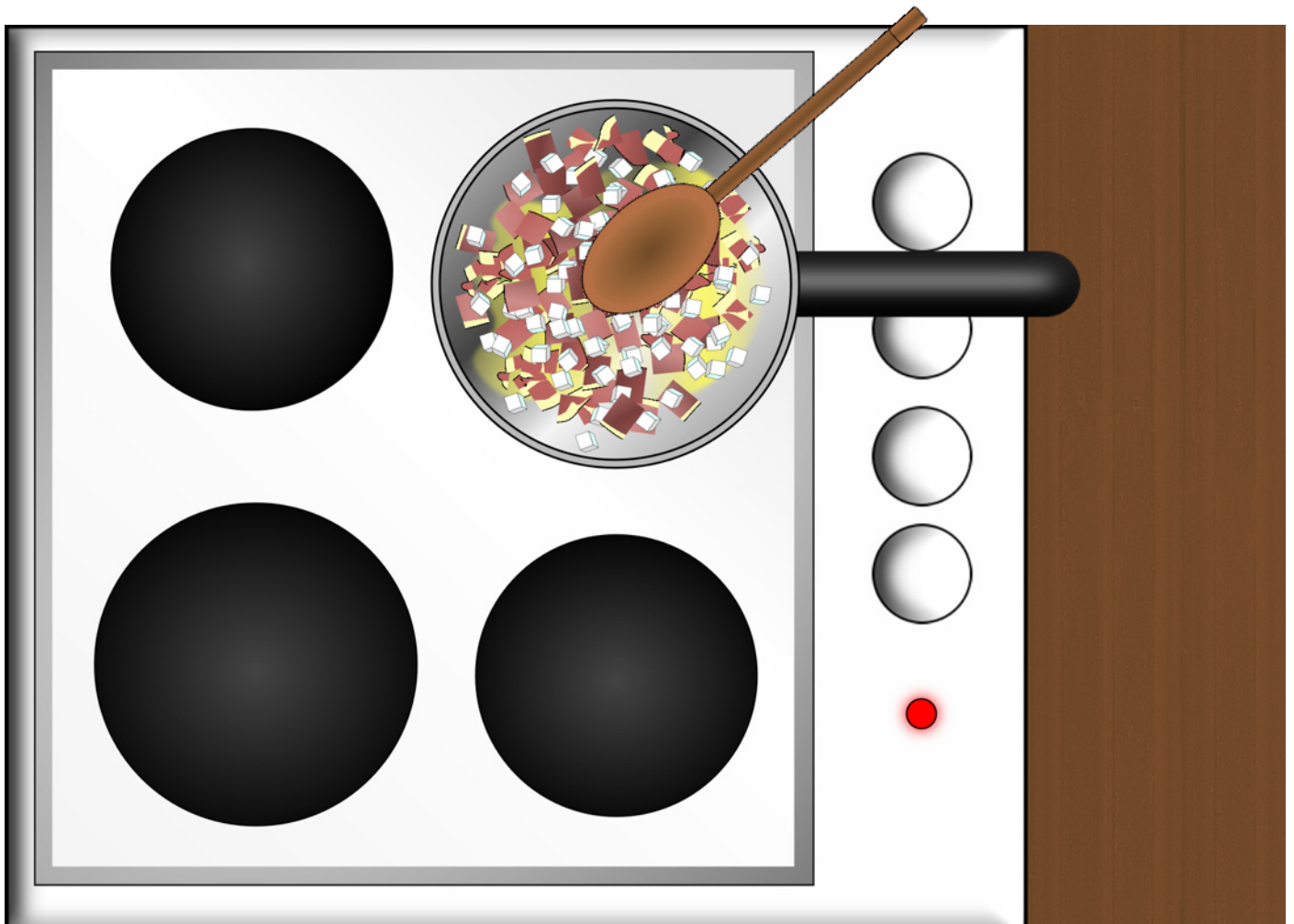
Then add the onion.



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6.

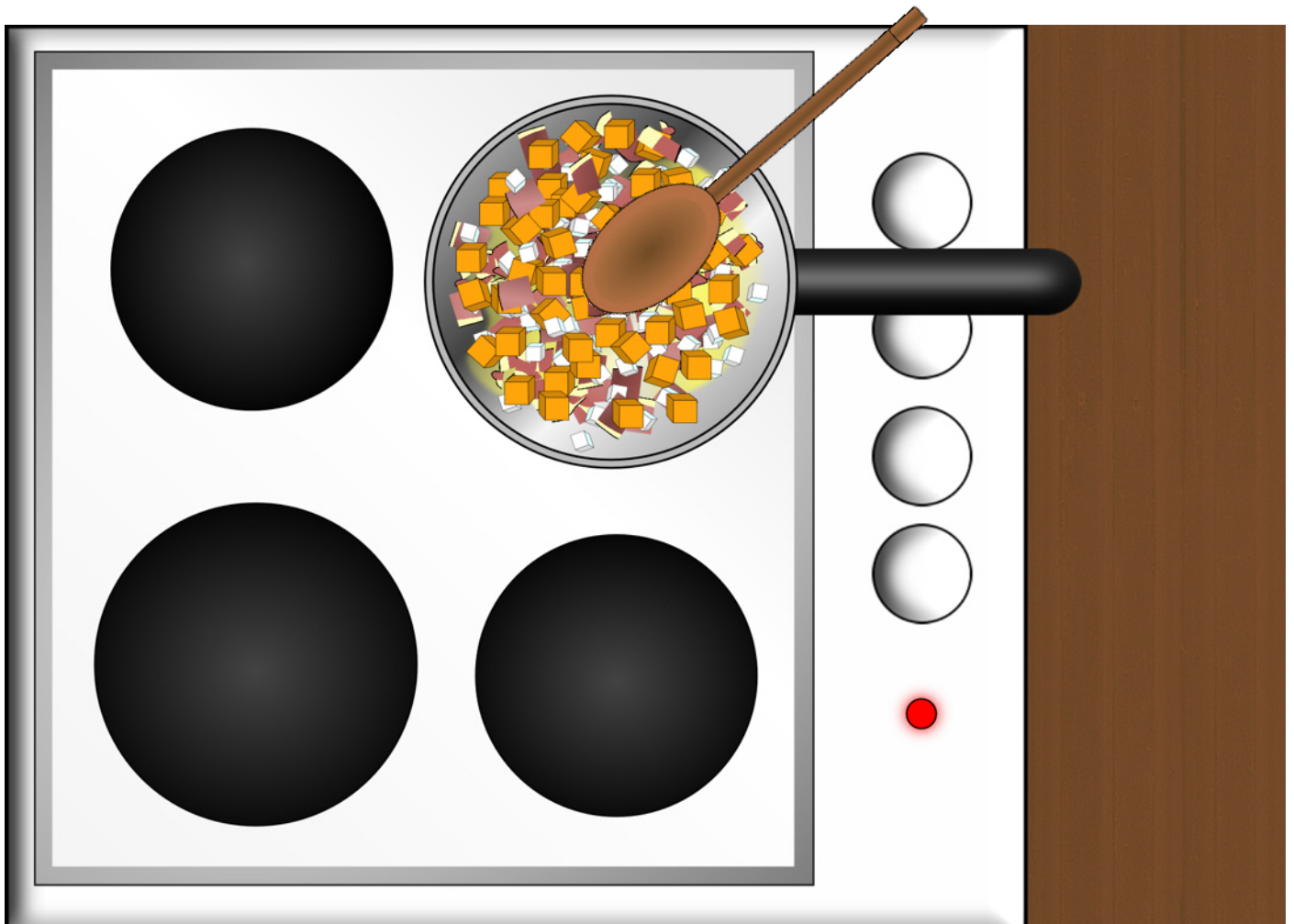
Continue to fry until the
onion is transparent.



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7.

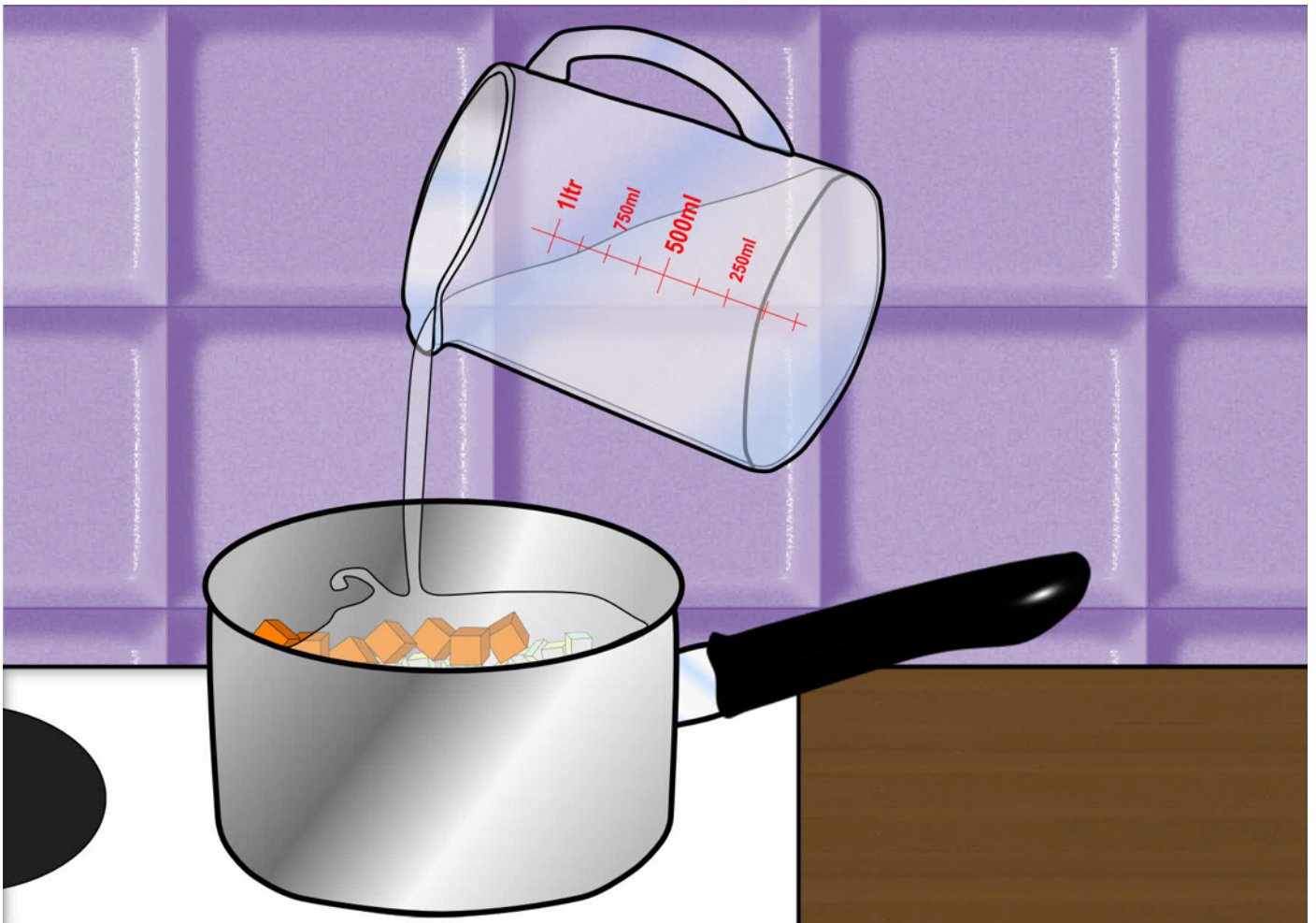
Add the pumpkin
and mix well.



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8.

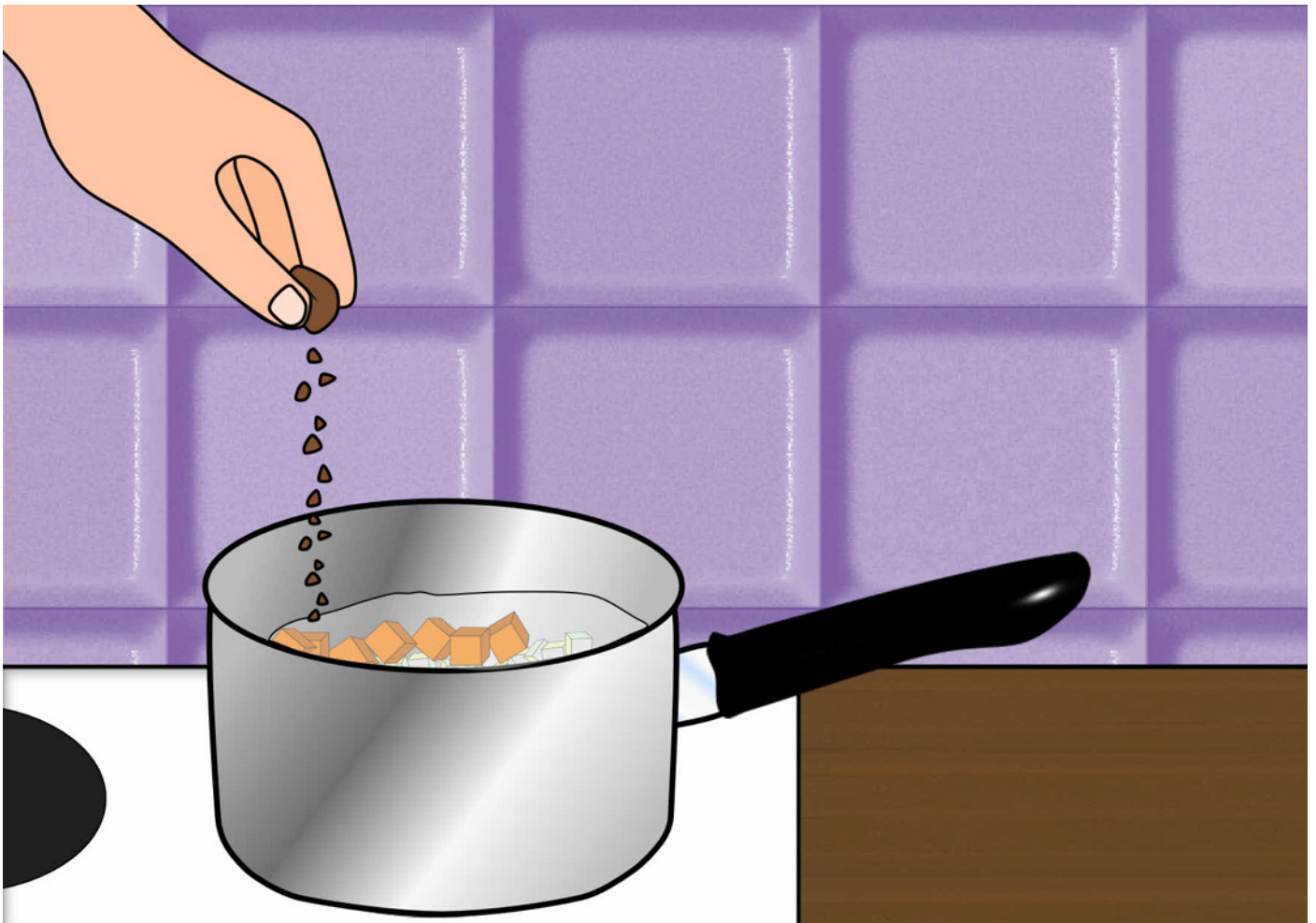
Add enough water
so that all the pumpkin
is covered.



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9.

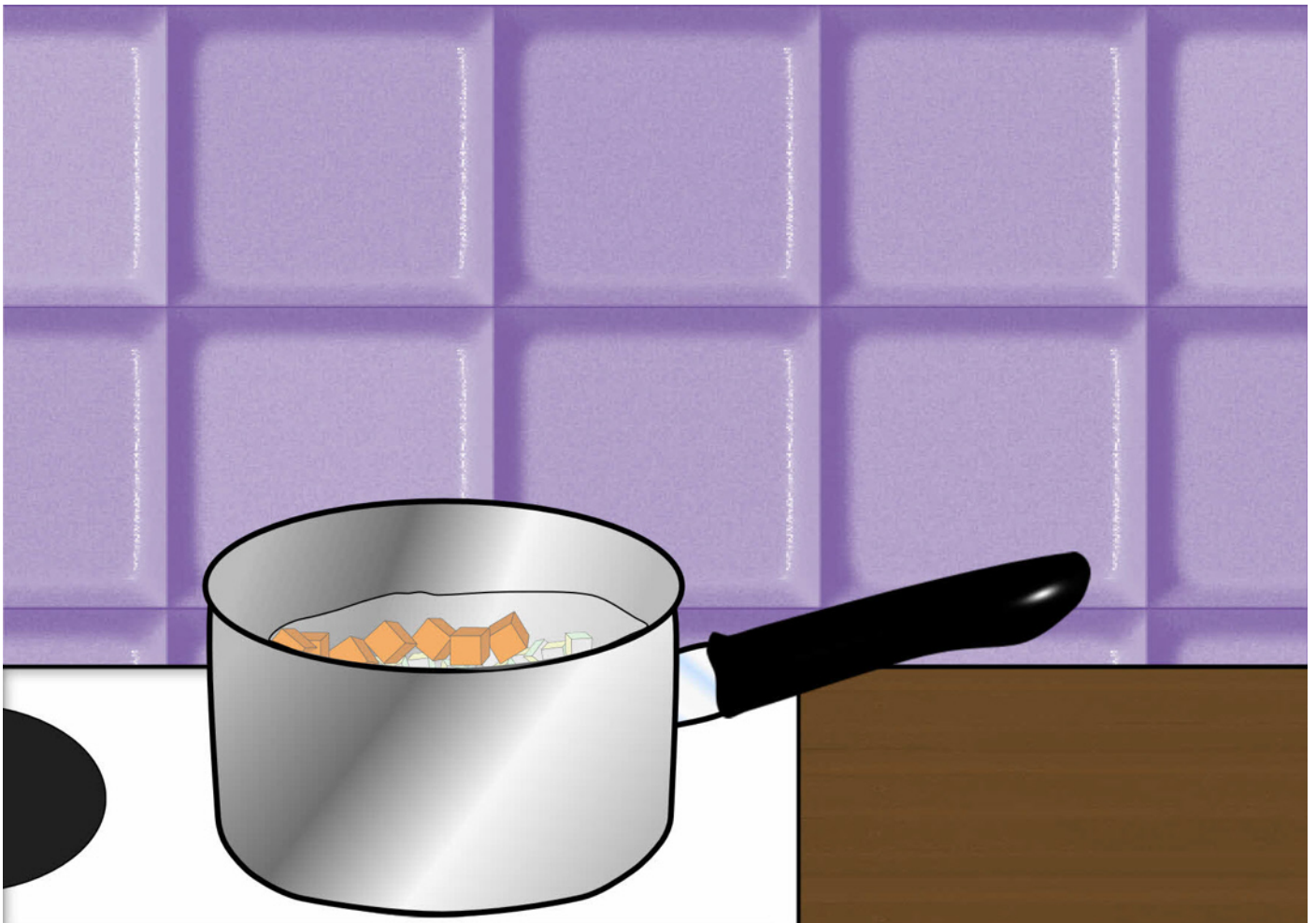
Crush and sprinkle the stock cube into the mixture and bring to the boil.



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10.

Simmer until pumpkin is soft.



Making pumpkin soup

11.

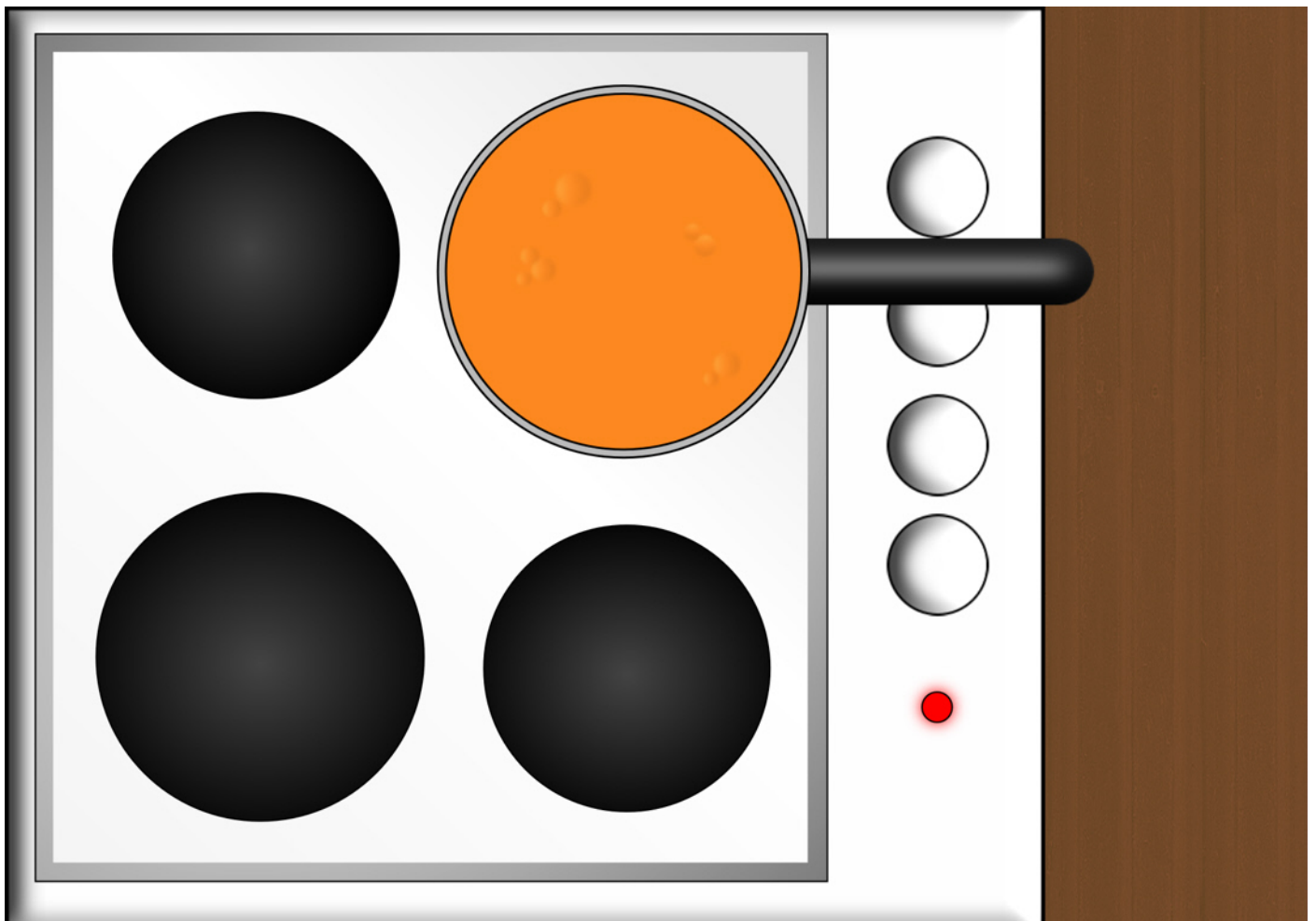
Puree the mixture in a liquidiser.



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12.

Reheat the pureed mixture
in the pan.



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13.

Serve with fresh bread rolls.

Enjoy!

