

Recipe: Vegan Pumpkin Soup

Ingredients:

- 1.5 kg(3.3 pounds) Kent/Japanese pumpkin
- 2 vegan stock cubes (4.9 grams) - (if you're trying to reduce your salt intake, stick with one and top up with salt once cooked if you think it needs it)
- 1 litre water (33.8 fluid ounces) of water
- Chives to garnish

Tip on how to pick a perfect pumpkin: The stem should be very dry (this indicates it's nice and ripe) and if you purchase part of the pumpkin (rather than a whole pumpkin) select one which is a bright intense orange colour - this indicates the sweetness of the pumpkin once cooked.

Method:

Remove the skin of the pumpkin and then chop into large chunks.

Add to a pot with the water and boil for about 20 minutes or until soft.

Once boiled add ½ cup of water and 2-3 pieces of pumpkin to the blender along with the stock cubes. Blend until the stock cubes are completely dissolved.

Reserve about 200 mls(6.8 fluid ounces) of the cooking liquid. Then add everything else into the blender and blitz until smooth.

If you wish to make the soup thinner then add some or all of the cooking liquid that you set aside.

Garnish with some chopped chives and you're ready to serve.