



## Recipe

### Pumpkin and Tomato Soup

Serves 4

#### Ingredients

- 900g (2 lb) Pumpkin flesh (approx. 1 medium pumpkin)
- 1 large onion, finely chopped
- ½ teaspoon ground coriander
- ½ teaspoon cumin
- 1 medium sized potato, peeled and cut into cubes
- 400g can chopped tomatoes
- 1.1 litres (2 pints) vegetable stock
- Black pepper to taste

#### Method

1. Cut the pumpkin flesh into cubes, discarding any seeds.
2. Put the pumpkin, onion, coriander, cumin, potato, chopped tomatoes and vegetable stock into a large saucepan.
3. Cover and bring to the boil. Reduce the heat and simmer gently for about 20 minutes until the vegetables are tender.

**If you like it chunky:** Season with black pepper, and serve

**If you would like it smoother:** Put half the soup into a blender or food processor, and whiz to a puree. Return to the saucepan and mix with the remaining chunky soup and re-heat gently, seasoning with black pepper.