

# PUMPKIN SOUP

Number of portions: 6 to 8

Portion size: 1 cup



## INGREDIENTS

1 pumpkin or squash of your choice

1 garlic clove

1 onion

1 L of meat broth (e.g. homemade moose, caribou or chicken broth or commercial chicken broth)

½ cup cream (5% M.F.)

## METHOD

1. Wash the pumpkin or squash.
2. Cut squash in halves. Empty squash of its seeds (Keep seeds aside in a bowl to make pumpkin seeds later).
3. Peel onion and garlic. Cut onion in halves.
4. Place 2 halves of the squash on a baking sheet, face down. Place onion and garlic under the squash (inside).
5. Cook in the oven at 350°C until tender (about 30 to 45 minutes).
6. Scoop squash with a spoon.
7. Blend squash, onion and garlic in the blender. Add meat broth and blend.
8. Reheat soup in a pot over medium-low heat.
9. Add a little cream just before serving.

## TIPS

- If you wish to serve this soup as a meal, you could add meat or lentils before blending, and serve with homemade croutons on top or bannick.

