

Ingredients:

- 1 x Small pumpkin
- 1 x medium sized onion
- 1 x tin of chopped tomatoes
- 1 x pint of vegetable stock (Simply add boiling water to a stock cube)
- Ground black pepper, ground cinnamon, ground cumin and dried/fresh basil
- 1 tablespoon of olive oil

PREP

- Make your stock
- Using a vegetable peeler remove the hard skin from the pumpkin
- Chop your onion and pumpkin into small pieces
- Open tinned tomatoes
-DONE!

COOK

- Add olive oil to saucepan
- Add onion and pumpkin (Allow to cook, go soft but don't burn, so keep moving in pan!)
- Add stock and tomatoes
- Allow to simmer and thicken
- Add cinnamon, pepper, cumin and basil to your taste!
-DONE!

TRY

- Blend the soup using a food blender
- Serve when hot with a slice of wholemeal bread.....great!