KitchenBooQ

Frugal -Cream of Pumpkin Soup

Serving: 4 | Cook Time: 35 mins | Level: Easy



INGREDIENTS

- 1 750 Gram Pumpkin peeled and de-seeded
- 1 Onion chopped
- 2 tsp Sugar
- 1 tbsp Parsley fresh
- 2 cups Milk
- 1/2 tsp Nutmeg
- 1 tbsp Sour Cream
- 1 tsp Salt
- 100 g Croutons

PREPARATION

1. Cut the pumpkin into pieces.

2. Place in a saucepan with the onion and salt. Pour in just enough water to cover and cook gently with the lid on until pumpkin is tender (about 20 minutes).

3. Pour the contents of the saucepan into a blender (or use a blender stick) to puree together with the milk.

4. Return to the saucepan, add the sugar and the nutmeg. Cover and cook gently for about 5 minutes.

5. Serve with a dollop of sour cream, sprinkled with ground nutmeg, parsley and croutons.