

Pumpkin Soup

A family favourite for all to enjoy all year round.

This recipe was given to my by a very special friend. I hope you enjoy the soup as much as I do.

Ingredients:

- ¾ Jap pumpkin, peeled and diced
- 1 orange sweet potato, peeled and diced
- 1 large onion, diced
- 6 cups quality chicken stock
- ¼ teaspoon raw sugar
- ½ teaspoon Celtic Sea salt

Place all ingredients into a large saucepan, bring to the boil and allow to simmer until pumpkin and sweet potato are soft.

Puree until rich and creamy.

For those of you who wish to add some decadence, place a dollop of sour cream in the centre and stir briefly to achieve a spiral affect and add a sprinkle of fresh chives when serving.