

Pumpkin soup

Serves 50

Ingredients	Quantity	Common allergens present	Alternative ingredients/modifications
Onion, roughly diced	200g		
Carrot, roughly diced	1kg		
Pumpkin (Japanese or butternut), roughly chopped	4kg		
Celery, finely sliced	1kg		
Sweet potato, roughly chopped	1kg		
Garlic, crushed	100g		
Potatoes, roughly chopped	2kg		
Water	7-10L		
Bread	2 slices/serve	Wheat	Wheat/gluten free bread
Margarine	2 PC portions/serve	Cow's milk	Dairy free margarine (e.g. Nuttelex)

Method

1. Roughly dice onion, carrot and celery.
2. With 1 tsp salt, sweat the onion, carrot and celery slowly in 200g margarine for 15 minutes on low-med heat.
3. When very, very well sweated but with only slight colour on onion, add pumpkin, garlic, potato and sweet potato.
4. Add enough water to just cover vegetables.
5. Bring to boil and simmer for further 2 hours (approx.).
6. Blend soup with large stick blender, a little texture is fine.
7. Season to taste with sugar, salt and pepper.
8. Serve with bread and margarine.



Common allergens present:

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| <input checked="" type="checkbox"/> Wheat | <input checked="" type="checkbox"/> Gluten | <input type="checkbox"/> Egg | <input type="checkbox"/> Peanut | <input type="checkbox"/> Tree nut |
| <input checked="" type="checkbox"/> Cow's milk | <input type="checkbox"/> Fish | <input type="checkbox"/> Shellfish | <input type="checkbox"/> Sesame | <input type="checkbox"/> Soy |
| <input type="checkbox"/> Lupin | | | | |