

# ONLINE AT THE Y

Learn, create, do something new by learning with the Y from your home

## Cooking at the Y – Pumpkin Soup

Recommended for ALL ages

### Resources / Ingredients:

- 1 tbsp olive oil
- 1 onion diced finely
- 1kg pumpkin diced into 1–2cm cubes
- 3 medium potatoes diced into 1–2cm cubes
- 2 cloves garlic crushed
- 1 tsp finely chopped fresh rosemary
- 2 cups vegetable stock

### Instructions:

- Using a lge. soup pot heat oil and sauté the onions
- Add garlic, pumpkin, potato and rosemary, sauté for a further 5 minutes  
Note: stir regularly so that the mix does not catch. You may need to add small amounts of boiling water if required
- Add two cups of stock and two cups of water, season with salt and pepper and bring the soup to the boil
- Once the soup is boiling, turn the heat down to low and simmer for around 30 minutes until the potato and pumpkin have cooked through and are starting to fall apart.
- Remove from the heat and cool slightly, for around 5 minutes
- With a blender, blend until the mixture is smooth

