



Spicy Pumpkin Soup

Serves 4-6 **EASY** Prep 15 mins Cook 40 mins



Ingredients

50 g (2 oz) butter
1 kg (2.2 lbs) pumpkin, peeled and diced
2 onions, chopped
2 tbs Grill & Sizzle Special Blend Cajun
2 beef tomatoes, chopped
1.1 litre (2 pints) vegetable stock
creme fraiche to serve
parsley to garnish
Grill & Sizzle Special Blend Cajun to sprinkle
Schwartz Sea Salt and Black Pepper to season

Method

STEP 1

Melt the butter in a large saucepan and fry the pumpkin and onions for 5 minutes. Add the Cajun Special Blend and tomatoes and cook for 3-4 minutes.

STEP 2

Stir in the stock and bring to the boil. Cover and simmer for 30 minutes, until the pumpkin is tender.

STEP 3

Allow to cool slightly, then purée in a food processor or liquidizer.

Return to the pan, heat through and season to taste.

STEP 4

Serve with crème fraîche and a parsley sprig. Sprinkle with a little extra Special Blend and serve immediately. Great to serve outdoors at bonfires or on Halloween with crusty bread.