

Pumpkin Soup with Red Bell Pepper and Potatoes

Ingredients -

2 cups pumpkin, cubed
½ cup red bell pepper, diced
1 brown onion, chopped
2 potatoes, peeled and chopped
1 tablespoon cream
4 cups chicken broth
1 tablespoon olive oil
Freshly ground black pepper
1 teaspoon sugar
8 slices French bread, toasted
8 dollops cream, to garnish
8 sprigs parsley, to garnish

Preparation:

Heat the oil in a pan and sauté the onions until they are soft. Add the potatoes, pumpkin and red bell pepper and cook for 10 minutes. Add the broth, sugar and seasonings, stir well and cook for 25 minutes or until everything is soft.

Blend the pumpkin soup with a stick blender, add 1 tablespoon of the cream and cook for 5 more minutes on a low heat. Serve hot, garnished with the cream and parsley, with the French bread on the side.

(Serves 4)