

Pumpkin Soup

Ingredients:

- $\frac{1}{2}$ medium jap pumpkin (chopped)
- 1 potato (chopped)
- 1 level tablespoon Jensens seasoning
- 1 brown onion (chopped)
- $\frac{1}{2}$ cup chopped celery leaves
- Water



Method:

1. Put all ingredients in large saucepan and add enough water to cover the pumpkin. Add more water if you like a thinner soup. Bring the soup to the boil, then reduce and cook on a steady heat until the pumpkin is tender. Blend until creamy. Season to taste.

Carrot & Ginger Soup

Ingredients:

- 1kg Carrots
- 1 medium onion
- $\frac{1}{2}$ bunch fresh coriander
- 1 sweet potato
- chunk of ginger
- chilli (optional)
- Vege stock to cover



Method:

1. Saute onion and ginger in a little vege stock in saucepan until soft
2. Add carrots and sweet potato and vegetable stock to cover.
3. Cook on a steady heat for 10 minutes.
4. Add fresh coriander and continue cooking until vegetables are soft.
5. Blend in blender and season to taste.