



PUMPKIN SOUP

With the sweetness and umami of pumpkin, a few ingredients go a long way! Cook up a creamy pumpkin soup with a single push of the Soup button.

INGREDIENTS

- 600g pumpkin
- 1 brown onion
- 2 cloves garlic
- 2 cups stock

SERVES: 2

SETTING: SOUP

PREP TIME: 5 MIN

BLEND TIME: 30 MIN

DIRECTIONS

- 1. Place peeled pumpkin, onion, garlic cloves and stock into the Mealio® Blender.**
- 2. Push the 'SOUP' button to start the blending and cooking.**
- 3. Allow to cook for 30 minutes**
- 4. Add salt and pepper to taste, then add either milk or cream if you prefer.**