**Sally’s Drawer**

**Pumpkin Soup**

**Ingredients**

**Extra virgin olive oil**

**2 cloves of garlic**

**A small pumpkin**

**1 stalk of celery**

**1 brown onion**

**1 carrot**

**1 small leek, white part only**

**1 small red capsicum**

**A handful of green beans**

**850ml of vegetable stock**

**Half a cup of mixed parsley and basil, chopped**

**Half tsp ground cumin**

**Salt and pepper to taste**

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**Method**

**1. Chop all ingredients**

**2. Sauté onion with garlic and olive oil.**

**3. Add all remaining ingredients (except herbs), bring to the boil and simmer until vegetables are soft.**

**4. Remove soup from the heat, add herbs and salt and pepper to taste.**

**5. Puree soup if desired.**

**Optional extra**

**1 cup of red lentils cooked in 2 cups of water until soft.**