

Pumpkin and Lentil Soup

Bialik College Kitchen Garden Program



Ingredients:

- Olive oil
- 2 onions, finely diced
- 3 garlic cloves, finely diced
- 1.6kg pumpkin, peeled and chopped
- 200g red lentils
- 2 litres vegetable stock
- salt/pepper

Equipment:

- chopping board
- cook's knife
- large saucepan
- wooden spoon
- stick blender

Method:

1. Prepare ingredients as stated above.
2. Heat 2 tablespoons of olive oil in a large saucepan and fry onion until soft and translucent.
3. Stir in the garlic, pumpkin and lentils. Fry for 2-3 minutes, then add vegetable stock.
4. Season with salt and pepper.
5. Bring to boil, then turn down the heat and cover with a lid. Simmer on low heat for 25-30 minutes.
6. Process the soup with a stick blender to a smooth consistency.
7. Check for seasoning before serving.