

Sharp Microwave Recipe

Winter Warmer

Fresh Pumpkin Soup

INGREDIENTS

1 kg butternut pumpkin, peeled and chopped
1 medium potato, peeled and cubed
2 small onions, chopped
1 cup chicken stock
3/4 cup cream
1 teaspoon fresh grated ginger
salt and pepper to taste
dollop of sour cream

INSTRUCTIONS

- In a large microwave safe glass bowl, combine the pumpkin, potato, onion, chicken stock and ginger. Cover loosely with microwave safe cling wrap and cook for 20 minutes on HIGH (100%), or until tender, stirring twice during cooking.
- Place in a blender or food processor and blend until smooth.
- Transfer to a serving bowl and stir in the cream.
- Season with salt and pepper.
- Serve hot with a dollop of sour cream.

Serves 4

Note: You can add more or less liquid if you prefer a thick or thinner consistency soup.

Cooking time is based on 900W powered microwave oven.

