

Posted on 31 December 2012

by ewfood

Pumpkin soup



Ingredients

1 ½ tins of pumpkin or 750g baked, peeled and mash
1 onion, chopped
7 oz. bacon, diced
2 cloves garlic, minced
1 fl oz. olive oil
1 tsp. paprika
1tsp. mixed herbs
1 vegetable stock cube
2.5 pints water
1 pkt. silken tofu
salt and pepper to taste

Preparation

1 In a soup pot brown the onions, garlic and the bacon. Add the remaining ingredients except the tofu and simmer over a medium heat for half an hour. Finally add the tofu and blend the soup until it is smooth. Serve hot.

Cooks Note