

Slow Cooker Pumpkin Soup Recipe

Ingredients

1 medium sized pumpkin

2 carrots

1 medium sized potato

1 onion

1/2 teaspoon ground cumin

1/2 teaspoon ground nutmeg

1 teaspoon ground ginger

2 tablespoons chicken stock powder

2 cups boiling water

Salt and pepper to taste

1/2 cup cream (optional)

Method

1. Trim skin off pumpkin and cut into even sized pieces.
2. Peel potato and cut into even sized pieces.
3. Peel carrot and cut into even sized pieces.
4. Dice onion.
5. Place all vegetables into slow cooker.
6. In a mug, mix stock and spices.
7. Fill mug with 1 cup of water and mix.
8. Add all liquid to the slow cooker.
9. Cook on low for 4 hours or high for 2 hours.
10. Blend with an electric mixer and season with salt and pepper to taste.
11. Add cream if desired.