

Garsons

Growing since 1871

Pumpkin & Tomato Soup



Sweet Pumpkin and Tomato Soup with aromatic **Cumin** and **Coriander** spices, served with crusty bread for a warm **autumnal** treat!



Pumpkin and Tomato Soup

GarsonsRecipes



Ingredients - Serves 6

675g pumpkin, (trimmed weight)
approximately one small pumpkin.
1 tbsp olive oil
1 medium onion, finely chopped
1 heaped tsp ground Coriander
1 heaped tsp ground Cumin

840 ml vegetable stock
salt and pepper
400g can tinned tomatoes

Crusty bread and parsley to garnish

Cooking Instructions

PUMPKIN SOUP

1. Slice the pumpkin in half, remove seeds and skin, then slice into chunks.
2. Gently fry the onion in the olive oil until transparent.
3. Add Cumin and Coriander spices, cook for 3 minutes.
4. Add pumpkin and cook over a low heat for 5 minutes.
5. Add vegetable stock, stir and simmer for 20 minutes.
6. Add the tinned tomatoes and cook for a further 5 minutes.
7. Leave to cool slightly. Puree briefly and serve immediately in warm bowls with a garnish of parsley and crusty bread.



PUMPKIN CARVING TOOLS!

Garsons Farm Shop sells pumpkin carving kits for creating Halloween pumpkins. The Garden Centre stocks a variety of Halloween accessories including fancy dress outfits and toys.



PUMPKIN SEASON

Garsons **Pick Your Own Farm** grows the pumpkin variety Racer, available to pick in **September and October.**

All items are subject to availability

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