



Nothing makes this grey June weather any better than my three herb pumpkin soup with some warm, buttery toast.



Ingredients

1 1/2 cup of pumpkin	5 leaves of sage
1 carrot, diced	1/4 teaspoon of garam masala
1 red onion, diced	1/2 teaspoon of cinnamon
3 cloves of garlic	1/4 teaspoon of cayenne pepper
1 tablespoon of minced ginger	Salt to taste
2 sprigs of thyme	2 tablespoons of butter for cooking
1 sprig of rosemary	1/2 cup of beef stock

Method

In your pan that has some molten butter and a dash of salt, add your herbs: red onion, ginger, garlic, thyme, sage and rosemary. Let this cook for a couple of minutes until they are super fragrant and the onions have softened.

Add the carrot and the pumpkin, and let then cook in this for about 4 minutes so that their flavor blossoms. Add some stock/water, and then allow this to cook for an additional 5 minutes or until your malenge and carrots is completely soft.

Remove the thyme sprigs, then proceed to blend until completely smooth. Ladle onto your bowl and serve with some toast!



SERVE WITH: some warm, buttery bread

This recipe was brought to you by Kaluhi's Kitchen from: <http://www.kaluhiskitchen.com/three-herb-pumpkin-soup/>

Video: <https://youtu.be/IFolPofScgg>

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