

PASTA

STIR FRY'S SALADES

SANDWICHES

SAUCES

CASSEROLES

CURRIES

RISOTTOS

SOUPS

PIES



## Best Pumpkin Soup

1.5kg peeled, seeded, chopped pumpkin  
1 onion, finely chopped  
1 Litre Campbell's Real Stock - vegetable  
1/2 cup cream  
1/4 tsp grated or ground nutmeg  
freshly ground black pepper

Place pumpkin, onion & stock in a large saucepan. Bring to the boil, reduce heat & simmer for 20 mins. Transfer mixture to a blender, in batches, & puree. Return to the saucepan. Stir in cream, nutmeg and pepper and cook until heated through. Serve with fresh crusty bread.

### Quick Tip

**Delicious Marinade** - Combine 1 cup Campbell's Real Stock with crushed garlic, grated lemon zest, freshly chopped herbs and chopped chilli. Add your favourite vegetables, meat, poultry or seafood & marinate in the refrigerator for at least 1 hour.

