

# VALCIE'S SPICY PUMPKIN SOUP

## INGREDIENTS (8 SERVINGS)

Flesh from 1 large pumpkin, diced, including the seeds

1 large turnip, peeled and diced

1 leek, trimmed and sliced

1 large onion, peeled and diced

3 carrots, peeled and diced

1 sweet potato, peeled and diced

3 garlic cloves, peeled and finely chopped

3 sprigs of fresh thyme, leaves only

1 scotch bonnet chilli pepper

½ teaspoon salt

½ teaspoon pepper

2 tablespoons of low salt vegetable bouillon,  
stock cube or homemade stock

## METHOD:

- Pour 1.5 litres of water into a large saucepan. Add all the vegetables except for the sweet potato.
- Bring to the boil, then reduce to a simmer and cook for 30 minutes.
- Turn the heat back up, add the sweet potato and simmer for a further 10 minutes. Add a little more water if it is reducing too much.
- Add the whole scotch bonnet chilli pepper, and the stock and salt and pepper. Cook for 20 minutes.
- Remove the scotch bonnet chilli pepper before serving.
- Or don't, if you're feeling like a daredevil.



A bowl of this wholesome soup will help you get your five-a-day. It's great at any time of the year, but particularly good around Halloween for using up leftover pumpkins.

You can also vary what vegetables you use depending on what you have around.



## WHERE TO FIND IT?

Papa's Café,  
10-17 Pulross Road,  
Brixton, SW9 8AF