



Hay Day Kitchen

## *Pumpkin Soup*

With pumpkins still in season and as nights are getting colder, Hay Day Kitchen is here with a special Hay Day product that is sure to warm you up!

Give Pumpkin Soup a try! We've prepared an easy recipe and a video for you to follow along step-by-step.



YouTube

<https://youtu.be/-7xa8twdHUc>

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### *Ingredients!*

**3 cups** Pumpkin

**1** Onion

**1** Carrot

**3 tbsp** Honey

**2 tsp** Salt

**2 1/4 cups** Water

**1/2 cup** Cream

**3 tbsp** Butter

Fresh coriander(cilantro)

**Prep time:** 1 h

**Servings:** 2-4 portions

**Equipment:** Pot, stove, cutting board, knife, peeler, measuring cups & spoons/scale, wooden spoon, hand blender



## *Method!*

- Peel and cut pumpkin, onion and carrot into cubes and set aside as the pot heats up.
  - In a pot, heat up butter and honey.
  - Add vegetables and cook for 10 minutes on high heat.
  - Stir occasionally until vegetables start to soften and turn golden.
  - Pour in water and season with salt.
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- Bring to boil, then simmer on medium heat for 10-15 minutes until vegetables are fully cooked.
  - Mix in the cream, then proceed to purée the soup with a hand blender.
- Once nice and creamy, pour into a bowl and decorate with some fresh coriander.

## Tips!

If you would like it spicy, add in 1/3 of fresh chili, ½ tsp of grated ginger, 2 sliced garlic cloves with the vegetables. Then replace the cream with coconut cream and garnish with 1 tbs of lime juice and fresh coriander.

*And don't forget to submit a photo of your own version of Pumpkin Soup to our Fan Art*

*Uploader!*