

Roasted Capsicum and Pumpkin Soup Recipe



Ingredients

- 1 red capsicum, quartered
- Half a butternut pumpkin, cubed
- 1 brown onion, diced
- 4 garlic cloves, diced
- 1 large carrot, sliced
- 4 cups of vegetable stock
- 3 tbsp of vegan butter
- Salt and pepper to taste

Method

- Quarter and cube your red capsicum and butternut pumpkin and place on an oven tray. Lightly cover with olive oil and salt. Place in oven for 30 minutes at 180c.
- In a large cooking pot, place diced onion, garlic and carrots with oil and cook until onions are slightly browned.
- Add roasted capsicum and pumpkin to pot, and 4 cups of vegetable stock. Cover at a simmer for 30 minutes.
- Take off heat and let cool before blending with an immersion blender.
- Bring back to a low heat and add salt and pepper to taste, and vegan butter. Stir until fully blended.

