Pumpkin Soup

Serves 6:

50g / or ¼ pat butter, or dessert-sized spoon coconut oil, or slosh of olive oil,

1kg rich coloured pumpkin, peeled and chopped into fairly small pieces,

1 medium onion, chopped into fairly small pieces,

4 cups stock (chicken or vegetable stock cube), or chicken broth,

1 tablespoon sugar,

½ cup of cream,

Salt and pepper,

Melt the butter, or coconut oil, or olive oil, in a large saucepan,

Put in the chopped pumpkin and chopped onion,

Add the stock, sugar, salt, and pepper and cook until soft,

Blend the soup until smooth,

Warm through again in the saucepan, then pour into bowls, add a dollop of cream to each bowl, and garnish with fresh parsley or slivered almonds,

Serve with rolls, or toast, or croutons, or flatbread, or oat biscuits…