

CREAMY AUTUMN VEGETABLE SOUP

30 ml	margarine
1/8	large red onion, finely chopped
1/6	medium cooking onion, finely chopped
1-2	garlic cloves, minced
125 ml	butternut squash, finely cubed
125 ml	carrots, chopped
125 ml	yam, finely cubed
125 ml	pumpkin, finely cubed
15 ml	chicken stock powder
500 ml	hot water (or enough to just cover the vegetables)
2 ml	parsley, curry powder and seasoned salt
2 ml	basil, nutmeg, sugar and black pepper
	Other Fresh or dried Herbs of your choice
60 ml	light cream
60 ml	whole milk

METHOD:

1. Mince your garlic and finely chop your two types of onions. Peel your carrots, pumpkin, yam and squash. Chop all of your vegetables into small cubes of equal size.
2. In a medium pot heat up the margarine and then add the onions and garlic. Saute for 2 mins till onions are clear. Add all of the other vegetables and the chicken stock powder. Cover with enough of the water so that the vegetables are just covered. Add all of your desired spices.
3. Put on the lid and bring to a boil, then turn the heat down and simmer for about 15 mins with the lid off until the vegetables are very soft.
4. Remove from the heat and pour your soup into the blender, puree it then pour it back into the pot. Add the milk and cream, reheat the soup on low and taste and then season with any salt, pepper or other seasonings that you desire. Serve with fresh biscuits or bread.