

# Roast Pumpkin & Apple Cider Soup

We all know someone or indeed ourselves who like a little Cider now and again but bet you never thought of adding it to a soup? Why not? Pumpkins make a great soup with apple and cider as Pumpkin on its own can be a little starchy and bland. Serve this soup in cups as a trick or treat and you can decide if it's a trick or treat. You can guess which I believe it to be!

**Serves: 12**

## Ingredients

500g Pumpkin Cut in cubes

1 Onion

2 Apples

300ml Cider or apple Juice

1 Litre Water with 2 Chicken Stock Cubes

Drizzle Donegal Rapeseed Oil

Pinch Fresh Ground Black Pepper

1 Clove Garlic

2 Sage Leaves

## Method

Roast pumpkin cubes in oven for 8 mins @ 200°C.

Heat the oil in a large saucepan and add the onions and the garlic.

Cook for 2 minutes and then add the roasted pumpkin, chopped apples and sage. Cook for another 2 minutes, season well and add

the stock and the cider or apple juice. Bring to the boil and simmer for 15-20 minutes until the ingredients are tender.

Liquidise and serve piping hot with crusty bread.

Brian's Tips

Keep pumpkin seeds and dry them and they can be served with the soup or in a bread to compliment it. Serve with chopped parsley.

