

Styrian Pumpkin Soup



Starter

Kind of recipe



60 Minutes

Preparation



easy

Severity



Ingredients for 6 people

1 onion
40 g butter
2 sweet peppers
500 g pumpkin
 $\frac{3}{4}$ l water
salt, caraway, garlic, herbs
cream
Styrian Pumpkin Seed Oil P.G.I.

Preparation

Dice the onion and sauté in the butter. Add the diced sweet peppers and the cubed pumpkin and continue to sauté. Next, add the water, seasonings and finely diced garlic and let simmer on low until the pumpkin is soft. When the pumpkin is soft, add the finely diced herbs and puree the soup with a hand-held blender. Add the cream and mix again with the blender. Serve the soup and drizzle 1-2 tblsp Styrian Pumpkin Seed Oil P.G.I. over each dish.

Recipe from Gemeinschaft Steirisches Kürbiskernöl g.g.A. / Foto: Stefan Kristoferitsch