

Hearty Pumpkin & Bean Soup



Pumpkins are everywhere in October,
but don't let this fantastic vegetable just be carved, let them be dinner too!
As a nation we waste more than we think. In the UK we throw away the
equivalent of one in every five bags of food shopping.

Hearty Pumpkin & Bean Soup

- 1 tbsp rapeseed oil
- 1 medium onion, finely diced
- 65g pancetta or bacon, diced
- 1 clove garlic, crushed
- 600g pumpkin, peeled and diced
- 1 medium potato, peeled and diced
- 1 litre hot chicken or vegetable stock
- 1 x 300g can mixed beans, drained
- 1 tbsp chopped parsley



Method

1. Place the oil, onion and pancetta into a large saucepan and gently cook for 10 minutes until the onion has softened. Add the garlic and cook for another minute.
2. Stir in the pumpkin, potato and stock, bring up to the boil, cover and simmer for 18-20 minutes.
3. Stir in the beans and parsley and cook until heated through.

Serves 4

