



Roasted capsicum, pumpkin and tomato soup

There's nothing quite like a glorious soup. This one is an absolute winner from Bonne in our craft team. Don't forget to make the most of your pumpkin by roasting the seeds – they make a great topping for this soup.

Ingredients:

6	Ripe tomatoes	½ tsp	Dried chilli*
½	Butternut squash	1 ½ cup	Water
¼	Pumpkin (large)	1 can	Tinned tomatoes
2	Red capsicums (large)	½ can	Coconut milk*
2	Onions (diced)	1 tbs	Tomato paste
2 tbs	Paprika	1 tbs	Olive oil*

Method:

1. Heat oven to 190°C. Roast the butternut, pumpkin, capsicum and ripe tomatoes with skin on for approx 1 hour.
2. Once vegetables are roasted allow to cool then peel and chop roughly.
3. Heat olive oil in your soup pot and add diced onion, cook until they begin to caramalise.
4. Add 1 cup of water, chilli and paprika then simmer for ten minutes.
5. Add chopped roast vegetables, tinned tomatoes, tomato paste and coconut milk to soup pot.
6. Heat and simmer for 1 hour.
7. Add remaining water until you reach the desired consistency. Add salt and pepper to taste and serve.

Tip:

This recipe has many variations. You can leave out the chilli and coconut milk and replace with 1tbs of peanut butter for a different flavour. Alternatively you can use smoked paprika for a rich smoky flavour.

***Find this ingredient at your local Trade Aid store or stockist.**

See www.tradeaid.org.nz for more recipes