

# Become a Souper Trouper...

And transform your leftovers into a delicious, winter-warming soup

Try

## Spicy Pumpkin Soup

### Ingredients

Serves 1-2

½ medium pumpkin or ½ butternut squash  
1 sweet potato  
½ red pepper  
1½ cups (375 ml) of water  
1 cup (250 ml) full fat milk  
1 red chilli  
Salt and pepper for seasoning

### Method

1. Preheat the oven to 190C/Gas 5.
2. Remove the pumpkin flesh with a spoon and peel the sweet potato.
3. Chop the pumpkin and sweet potato into 1 inch cubes.
4. Slice the red peppers and put all vegetables on a roasting tray, with a drizzle of oil.
5. Place in the oven to roast for 30-40 minutes, until soft.
6. Allow all the vegetables to cool a little.
7. Once cool enough to handle, add the pumpkin, sweet potato and peppers to a blender with the water, milk and diced chilli, and blend until smooth.
8. Pour into a saucepan and heat until piping hot, adding more water if you like a slightly thinner soup.
9. Season to taste with salt and pepper.

Tip

To give the soup a sweeter flavour, roast the pumpkin and sweet potato until they are dark and caramelised.

To adapt this dish for vegans, replace the milk with vegetable stock or coconut milk, both of which will create different flavours.



Can be frozen

## Toasted pumpkin seeds

(great as a soup topping or snack)

### Ingredients:

Pumpkin seeds

A little oil

Seasoning (salt, pepper, chilli, paprika, cumin or try a little brown sugar or honey for a sweet flavour)

### Method:

1. If using seeds out of a pumpkin, put the seeds in a sieve and wash with cold water.
2. Add the seeds to a pan of boiling water and cook for about 5-10 minutes. Drain and dry well on kitchen towel.
3. Toss the seeds in a little oil and your choice of seasoning.
4. Spread out evenly on a baking tray.
5. Roast the seeds for 8-10 minutes (180C/Gas 4).
6. The roasted seeds will keep fresh if stored in an air-tight container for 3 days.



Every year in the UK we throw away £15 billion worth of food which could have been eaten.

The good news is that there are some quick and easy things we can all do to reduce the amount of food we throw away.

Good to know

# Date Labels

## Use-By

Food can be eaten or frozen right up to the end of this date. Follow storage instructions on packs. 'Use by' dates are usually found on chilled products such as meat, soft cheeses and dairy-based desserts.

## Best Before

These dates refer to quality rather than food safety. Foods with a 'best before' date should be safe to eat after the 'best before' date, but they may no longer be at their best. One exception is eggs - never eat eggs after the 'best before' date. 'Best before' dates are usually found on items with long shelf lives such as frozen, tinned or dried foods, and pre-packed fruit and vegetables.

For more tasty winter-warming soup recipes and tips to help you reduce your food waste visit:  
[www.recycleforgloucestershire.com](http://www.recycleforgloucestershire.com)