

Red Capsicum Butternut Soup

Recipe created by Naomi Crisante

Serves 4-6
Preparation time 15 minutes
Cooking time 30 minutes

1 large red capsicum
1 cup water
50g butter
1 red onion, chopped
½ butternut pumpkin (700g), peeled and cut into chunks
1 litre chicken stock
1 cup milk
salt and freshly ground black pepper, to taste
sour cream, for serving
fresh snipped chives, for serving, optional
crusty bread, for serving

Place whole capsicum in a large saucepan with water and bring to the boil. Boil for 5-10 minutes, turning occasionally onto each side, until skin has split and capsicum has softened slightly. Remove and drain, discarding water, and refresh under cold water. Remove skin, stalk and seeds and chop roughly. Melt butter in the same saucepan and sauté onion for 2 minutes. Add capsicum and pumpkin and sauté for 5 minutes, stirring occasionally. Add stock and simmer covered for 20-30 minutes or until vegetables are tender. Puree with a stab blender or food processor until smooth. Add milk and season to taste. Spoon into bowls, dollop with sour cream, sprinkle with chives and serve with crusty bread.

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