



## PUMPKIN SOUP

### INGREDIENTS:

1/2 kg pumpkin  
100 g carrots  
1 onion  
50 g butter  
100 g Sokolów beef-vegetable broth  
400 ml water  
pumpkin seeds  
sour cream 36%  
1/2 chilli pepper  
salt, pepper

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### PREPARATION:

1. Cut the pumpkin into quarters and bake at 180°C for 15-20 minutes.
2. Meanwhile, fry the chopped onions and carrots in butter. Add broth concentrate, chilli peppers and water.
3. Once the pumpkin is roasted, separate the pulp from the skin. Add the pulp to the broth and boil for a while. Then blend until smooth and season with salt and pepper.
4. Serve with roasted pumpkin seeds and sour cream.