

Butternut Squash and Sweet Potato Soup





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Serves: 4

INGREDIENTS

- 1 clove of garlic
- ½ chilli (optional)
- 1 onion, peeled and chopped
- 1 large carrot, peeled and chopped
- 1 small sweet potato, peeled and chopped (approx. 250g)
- ½ butternut squash chopped (or use approx. 500g frozen)

FROM YOUR STOCK CUPBOARD

- 1 tbsp olive oil
- ½ tsp cumin
- ½ tsp cinnamon
- 1 Vegetable Stock cube (1 pint of water)
- Salt and Pepper to taste

METHOD

- 1 Heat the oil in a large saucepan and cook the onion gently until soft and light brown. Add the garlic, chilli, cinnamon and cumin and stir in with the onion.
- 2 Add the other vegetables and stock and bring to the boil. Cover and simmer for 20 minutes until all the vegetables are soft.
- 3 Blend together until smooth. You may need to add more water to get it to the right consistency.

per portion (400g)				
ENERGY	FAT	SATURATES	SUGAR	SALT
676kJ 159kcal	4.7g LOW	0.6g LOW	12g LOW	1.6g MED
8%	7%	3%	13%	27%

of your reference intake
Typical values per 100g: Energy 169kJ/40kcal

TOP TIPS

- You can use different spices, for example smoked paprika for a different flavour.
- Try sprinkling chopped fresh herbs on top for a change, e.g. Coriander.
- You can also roast the vegetables in the oven for 30 minutes until soft and then add to the stock and blend. Puree the soup using a blender and season to taste.
- Put into freezer bags and keep for a quick snack.