

Delicious Dinners

Scrummy Squash Soup



Butternut Squash Soup

Ingredients :

- 1 medium butternut squash
- 1 red pepper
- 1 red onion
- 1 garlic clove
- 3 tablespoons olive oil
- 600ml water
- 1 vegetable stock cube
- ½ teaspoon cumin
- Black pepper

Equipment:

- Vegetable peeler
- Knife
- Chopping board
- Kettle
- Pan
- Spoons
- Garlic press (optional)
- Measuring jug
- Hand blender



Method:

1. Peel the butternut squash using a strong vegetable peeler.
2. Half the squash and remove the seeds by scooping them out with a spoon (Tip: seeds can be oven roasted with a sprinkling of herbs or chilibi, sprinkle onto your soup to add a real wow factor).
3. Dice the squash.
4. Peel and dice the onion. Remove the stalk and seeds from the red pepper and dice. Peel the garlic and crush using the garlic press or carefully use a sharp knife.
5. Heat oil in a pan over a medium heat, sauté the squash, onion, red pepper and pressed garlic for 5 minutes.
6. Measure 600 ml boiling water into the measuring jug and dissolve the vegetable stock cube; add cumin.
7. Add the stock to squash and simmer for 10-15 minutes until the squash is tender.
8. Blend the soup using a hand blender.
9. Return the soup to a medium heat and heat through for 2 minutes.
10. Season with black pepper if needed.
11. Serve piping hot with crusty bread.