BUTTERNUT SQUASH AND RED PEPPER SOUP

Makes 6 servings

Make this in Autumn when squash is in season and most economical.

INGREDIENTS	EQUIPMENT
1 butternut squash – trimmed, de-seeded, baked and skinned 2 red peppers – de-seeded and chopped 1 red onion – peeled and diced 1 tablespoon olive oil 1 level dessertspoon reduced salt **vegetable bouillon** powder 600ml water freshly ground black pepper	blender - stick or goblet baking tray large saucepan and lid chopping board sharp knife tablespoon wooden spoon dessertspoon measuring jug

METHOD

1. Put the chopped red pepper in a pan with the onion and olive oil. Heat gently, place the lid on the pan and steam-fry the vegetables until they are soft but not brown (at least 10 minutes). It is important that the vegetables are really tender at this stage.

2. Scoop out the cooked flesh of butternut squash and add to the steam-fried vegetables along with the bouillon powder and half the water. Liquidise to a smooth purée.

3. Add the remaining water to achieve the consistency required and reheat until the soup is almost boiling. Serve piping hot with warm crusty bread.

RECIPE NOTES AND TIPS

- Allow soup to cool before blending and follow guidelines in handbook for maximum quantity that can be blended.
- Spice the soup up by adding a finely chopped red chilli when steam frying the vegetables. Smoked paprika also adds a warming flavour for cold winter days.
- Make a large batch and keep in the fridge for up to 5 days.

ALLERGY AWARE

This recipe contains:
- Celery (may be in bouillon)

Per 160g serving

	ENERGY 302kJ / 72kcal	4%
LOW	**FAT** 2.3g	3%
LOW	**SATURATES** 0.4g	2%
LOW	**SUGARS** 6.9g	8%
LOW	**SALT** 0.4g	6%

% of an adult's reference intake

Typical values per 100g : Energy 188kJ / 45kcal

NUTRITION INFORMATION

Typical Values	Amount per 100g	Amount per serving (161g)
Energy	188kJ / 45kcal	302kJ / 72kcal
Protein	0.9g	1.5g
Carbohydrate (of which sugars)	6.3g (4.3g)	10.1g (6.9g)
Fat (of which saturates)	1.4g (0.2g)	2.3g (0.4g)
Fibre	1.5g	2.4g
Salt	0.2g	0.4g