

## Butternut Squash Soup

Enjoy the awesome vegetables October has to offer

**A delicious soup bursting with the warm colours of autumn**



October brings an abundance of squashes and pumpkins, perfect for devouring and not just for Halloween fun!

Like all orange fruits and vegetables Butternut Squash is a good source of Vitamin A important for vision and a healthy immune system.

### RECIPE INGREDIENTS

**Serves 4**

500g Butternut Squash (1 medium)  
150g Onion (1 medium)  
90g Celery (3 sticks)  
80g Carrot (1 medium)  
1Litre Water  
20mls Vegetable Oil (Rapeseed or Olive) (2 tablespoons)  
14g Vegetable Stocks Cubes, (low salt if possible)(2 cubes)  
Pinch Ground Black Pepper



### COOKING INSTRUCTION AND NOTES

1. Peel the squash, onion and carrot and wash the celery.
2. Chop all the vegetables.
3. Put on water to boil ready for the stock.
4. Heat oil in frying pan and add onions, celery and carrot and let them sweat for 4 to 5 minutes.
5. In the pot of boiling water add stock cubes and allow to dissolve then add, chopped squash and other vegetables.
6. Bring pot back to boil and then allow to simmer for 15 to 20 minutes until vegetables are soft.
7. Add black pepper.
8. Blend or sieve to smooth consistency.

#### **For children under 1 year of age**

Soup can be sieved or blended to a smooth consistency.







#### **Tips**

Make a larger batch and freeze some for later.

Soup can be made in advance and heated as required. Cool before putting it in fridge or freezer.

Add a teaspoon of curry powder if you want to add some spice.

## Food Labelling and Allergen Information

EU Label values per 100g				Serves <b>4</b>	
	PER 100G	%RI	PER 408G SERVING	%RI	
Energy(Kj)	<b>133</b> kJ	2%	<b>543</b> kJ	6%	<b>CONTAINS:</b>  CELERY
Energy(kcal)	<b>32</b> kcal	2%	<b>130</b> kcal	7%	
Fat	<b>1.4</b> g	2%	<b>5.9</b> g	8%	<b>MAY CONTAIN:</b>  EGGS  MUSTARD  SOYA
<i>of which saturates</i>	<b>0.2</b> g	1%	<b>0.7</b> g	4%	
Carbohydrate	<b>3.7</b> g	1%	<b>15</b> g	6%	
<i>of which sugars</i>	<b>2.4</b> g	3%	<b>9.6</b> g	11%	<b>OTHER PROPERTIES:</b>  VEGETARIAN  VEGAN
Fibre	<b>1</b> g	4%	<b>4.3</b> g	17%	
Protein	<b>0.6</b> g	1%	<b>2.5</b> g	5%	
Salt	<b>0.02</b> g	0%	<b>0.1</b> g	2%	