

# Butternut and red pepper soup

Serves 6



Make this in Autumn when squash is in season, cheap and at its best. Pre-baking the butternut makes it easy for younger children to work with – they can scoop the flesh out.

## Ingredients (allergens in bold)

- 1 butternut squash – halved lengthwise
- 2 red peppers – de-seeded and chopped
- 1 red onion – peeled and diced
- 1 tablespoon olive oil
- 1 **vegetable stock cube**, made up with 600ml boiling water
- freshly ground black pepper

## Method

1. Prepare the butternut in advance by baking it in a hot oven until the flesh is very soft. This might take 40 minutes
2. 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 until the vegetables are soft not brown (at least 10 minutes). It is important that the vegetables are really tender at this stage.
3. Scoop out the cooked flesh of butternut squash and add to the pan of steam-fried vegetables. Add half (300ml) of the stock water. Liquidise to a smooth purée.
4. Add the remaining water to achieve the consistency required and reheat until the soup is almost boiling. Serve piping hot with warm crusty bread.



## Equipment

- blender - stick or goblet
- baking tray
- large saucepan and lid
- chopping board
- sharp knife
- tablespoon
- wooden spoon
- dessertspoon
- measuring jug

## 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 chili 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.