

ROASTED BUTTERNUT SQUASH & CHILLI SOUP



QUICK

8 mins prep
plus cooking
time

HEALTHY

A large bowl of this soup would provide 100% of your RDI of Vitamin A, which is needed to maintain healthy nervous, epithelial and connective and muscle tissues

FAMILY



Feeds 6

MEALS

Serve as a starter



INGREDIENTS

- 2 Butternut Squash (approx. 2kg)
- 2 large onions
- 4 garlic cloves
- 1-2 tsp crushed chillies
- 1 tbs oil
- 1-2 stock cubes
- Enough water to cover the vegetables (approx. 1500ml)

METHOD

- 1) Put the oven onto 180°C
- 2) Wash your butternut squash and cut into chunks – no need to peel.
- 3) Put onto a large lined oven proof tray
- 4) Peel and cut your onion into eighths - add
- 5) Peel the garlic and add
- 6) Drizzle with oil and mix
- 7) Sprinkle the dried chillies onto the top and mix. They will stick to the veggies because of the oil
- 8) Roast for about an hour till they are golden brown – mixing half way through
- 9) When cooked – pour into a large saucepan
- 10) Cover the vegetables with water – approx. 1500ml put a lid on the pan and bring to the boil
- 11) Simmer for 10 minutes
- 12) Add the stock and S&P and blend till smooth
- 13) Taste (add more S&P, stock or extra chilli to taste)
- 14) Serve sprinkled with extra crushed chilli on top

TOP TIP !

Make double and put half into the freezer so that it's even quicker next time



@quickhealthyfamilymeals

To watch a video showing how this is made or to explore more Quick Healthy Family Meal ideas go to www.quickhealthyfamilymeals.com