

Butternut Squash Soup

This is a lovely warming soup with a rich colour and full of vitamin A, along with other goodness.

Equipment:

Blender

Ingredients:

1 yellow onion (peeled and chopped)
2 tbsp olive oil
2 carrots (peeled and chopped)
1 butternut squash (peeled and cubed)
2 sweet potatoes (peeled and cubed)
1 & 1/2 liters of veggie broth
¼ tsp nutmeg
¼ tsp ground ginger
¼ tsp curry powder
½ tsp garlic powder
¼ tsp Himalayan salt
½ cup coconut milk
Fresh parsley



Serves:	4
Prep time:	15 minutes
Cook time:	30 minutes

Method:

1. Sauté the onion in olive oil for 3-5 minutes in a large pot.
2. Add the squash, sweet potato and carrots and pour in stock.
3. Mix in the spices and salt and bring to a boil.
4. Reduce to a simmer and place the lid on for about 20 minutes or until veggies are tender, stir occasionally.
5. Add in the coconut milk.
6. Blend until a thick smooth consistency is reached.
7. To serve, sprinkle fresh parsley or coriander on top.