

Recipe 6: Carrot & Butternut Soup

Delicious, warm & healthy home made soup. Easy recipe for the whole family to make together. Serve with warm bread or a cheese toastie on the side.

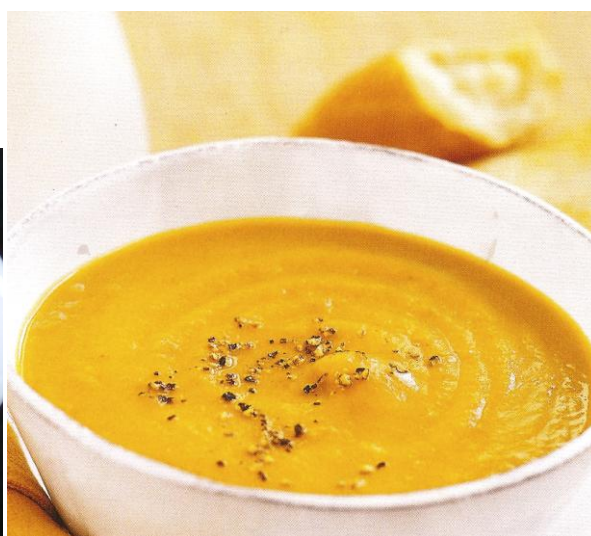
Recipe

Preparation time: 12-15 mins

125g Carrots
350g Butternut squash *
1 tbsp of vegetable oil
½ small onion , peeled and chopped
600ml approx of vegetable stock
salt and pepper
1 tsp ginger (optional)
Single cream (optional)



Ingredients



Serving suggestion

Instructions

1. Wash the carrots and butternut, then ask a grown-up to peel and chop in small chunks, removing the seeds and fibres from the squash.
2. In a deep pan, heat the oil and cook the onions on medium heat till they slightly colour. Add the vegetables (& ginger if using), cook gently covered for 8 -10 minutes, stirring as needed.
3. Pour the stock and bring to the boil, then cover and cook for 30-35 minutes or until the vegetables are soft.
4. Let the soup cool slightly and then blitz with a hand blender or processor till smooth. When serving, add a swirl of single cream on each plate for decoration and yummy taste

** If wished, you can buy and use readily chopped butternut*

We look forward to receiving **pictures of your FABULOUS SOUPS**. Please ask your parent or carer to e-mail the picture with your name & class to:

admin@midfield.bromley.sch.uk