

RECIPE - **Spiced Butternut Squash Soup**

The nights are drawing in and what could be better than a warming soup to take the chills away? Serve this spicy soup in a big mug with a thick chunk of bread – lovely!

Preparation time 20 minutes

Cooking time 1 hour

Serves 4

Ingredients

- 1 red onion, finely chopped
- 1 garlic clove, finely chopped
- 2 tbsp olive oil
- 3 large carrots, peeled and chopped
- 1 medium butternut squash, peeled, deseeded and chopped
- Sea salt and freshly ground black pepper
- 2-3 thyme sprigs, leaves picked
- 3 slices of ginger
- 1 red chilli, deseeded and finely chopped
- 2 pints/1 litre vegetable stock

Method

1. Heat a thick bottomed pan, add the olive oil, onion and garlic and sweat for 5 minutes.



2. Add the squash and carrots and fry for a further 5 minutes.
3. Put in the rest of the ingredients, pour over the stock and simmer for 40 minutes.
4. When the vegetables are soft blend in a food processor and serve.

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