

October

BUTTERNUT SQUASH SOUP

Enjoy the awesome vegetables October has to offer
A delicious soup bursting with the warm colours of autumn!



October brings an abundance of squashes and pumpkins, perfect for devouring and not just for Halloween fun!

Like all orange fruits and vegetables, Butternut Squash is a good source of Vitamin A, important for vision and a healthy immune system.

RECIPE INGREDIENTS

Serves 4

- 1 medium Butternut Squash (500g)
- 1 medium Onion (150g)
- 3 sticks Celery (90g)
- 1 medium Carrot (80g)
- 1 Litre Water
- 2 tablespoons Vegetable Oil, Rapeseed or Olive (20mls)
- 2 cubes Vegetable Stock Cubes, low salt if possible (14g)
- Pinch Ground Black Pepper



COOKING INSTRUCTION AND NOTES







1. Peel the squash, onion and carrot and wash the celery.
2. Chop all the vegetables.
3. Put on water to boil ready for the stock.
4. Heat oil in frying pan and add onions, celery and carrot and let them cook for 4 to 5 minutes.
5. In the pot of boiling water add stock cubes and allow to dissolve, then add the chopped squash and other vegetables.
6. Bring pot back to boil and allow to simmer for 15 to 20 minutes until vegetables are soft.
7. Add black pepper.
8. Blend or sieve to smooth consistency.

For children under 1 year of age: Soup can be sieved or blended to a smooth consistency.

Tips

Make a larger batch and freeze some for later.
Soup can be made in advance and heated as required. Cool before putting it in fridge or freezer.
Add a teaspoon of curry powder if you want to add some spice.

Food Labelling and Allergen Information

EU Label values per 100g				Serves 4	
	PER 100G	%RI	PER 408G SERVING	%RI	
Energy(Kj)	133 kJ	2%	543 kJ	6%	CONTAINS:  CELERY
Energy(kcal)	32 kcal	2%	130 kcal	7%	
Fat	1.4 g	2%	5.9 g	8%	
<i>of which saturates</i>	0.2 g	1%	0.7 g	4%	MAY CONTAIN:  EGGS  MUSTARD  SOYA
Carbohydrate	3.7 g	1%	15 g	6%	
<i>of which sugars</i>	2.4 g	3%	9.6 g	11%	
Fibre	1 g	4%	4.3 g	17%	OTHER PROPERTIES:  VEGETARIAN  VEGAN
Protein	0.6 g	1%	2.5 g	5%	
Salt	0.02 g	0%	0.1 g	2%	