

Italian Butternut Squash Soup

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Ingredients:

2 tbsp olive oil
2 red onion, finely chopped
3 garlic cloves, finely chopped
2 butternut squash, peeled and roughly chopped
3 courgettes, roughly chopped
3 large carrots, roughly chopped
2 litres vegetable or chicken stock
2 tsp oregano
20g fresh basil
Salt
Pepper
Parmesan for garnish

Method:

1. Heat the olive oil in a deep pot over a medium heat.
2. Add the red onion and garlic and gently fry until softened.
3. Add the butternut squash, courgette, carrots and oregano. Season the vegetables with salt and pepper.
4. Stir well and gently fry for 10 minutes.

5. Add the stock, cover and bring to the boil.
6. Once boiling, reduce the heat and leave to simmer for 15 minutes or until vegetables are tender.
7. Take the pot off the heat, add the fresh basil and blend into a smooth soup.
8. Grate some fresh parmesan on top and serve.

Tips:

1. To bulk this soup out more, add 30g of pasta per portion. Pastina, the small pasta shapes used in Minestrone, go really well in this soup!
2. Try to remember the parmesan at the end, it really makes a difference.

Serves 8

Prep time: 15 minutes

Cook time: 35 minutes