

Butternut & Beetroot soup. (Serves 6)

Ingredients:

2 tablespoonfuls Olive Oil (or other vegetable oil)
2 cloves Garlic (crushed)
1 medium Onion (chopped).
1 Pack ready cooked Beetroot (chopped)
Half a Butternut Squash (de-seeded & chopped)
1 Vegetable Stock Cube
1½ litres Boiling Water
Salt and Pepper



Method:

Prepare vegetables by washing or peeling if necessary, and chopping finely.
Heat oil in large pan and fry the garlic for a few minutes before adding the onion for a few minutes more.
Then add the rest of the chopped vegetables.
Stir fry together for 5 minutes making sure they do not stick to the pan.
Add the boiling water to the stock cube in a measuring jug and dissolve it.
Add salt and pepper and simmer the whole lot for 20 minutes (or 5 minutes in a pressure cooker).
Take off the heat and use a blender to blitz the ingredients to a smooth consistency.

The colour of this soup is a beautiful warm, orangey red & it has an earthy, sweet delicious flavour.
You can serve sprinkled with fresh chopped herbs or a swirl of crème fraiche. Add fresh bread and butter to make a nutritious light meal.