

# BUTTERNUT & SWEET POTATO SOUP



## Allergy information

Gluten\*

\*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home, you must make allergen information available when asked.

Serves 4 – 6

## Ingredients

- 2 onions
- 15ml vegetable oil
- 5 carrots (450/500g)
- 1 reduced salt veg stock cube\*
- 750ml – 1L boiling water
- 1 medium-sized (about 1K) butternut squash
- 2/3 sweet potatoes (400g approx.)
- Black pepper
- 1 x 2.5ml spoon dried ginger or chilli powder or 1 x 5ml dried sage (optional)

To serve: crusty bread

## Equipment

- Chopping board
- 2 sharp knives (1 large cook's knife, 1 smaller vegetable knife)
- Peeler
- Kettle
- 1L jug
- Saucepan
- Wooden spoon
- Blender



## Method

1. Peel and chop the onions using a chopping board and small sharp knife
2. Add the oil to a medium/large saucepan and put on a medium heat
3. When the oil has heated up add the onions and cook gently (sauté) until translucent
4. Peel and chop the carrots, and add into the pan continue to sauté until carrots are softened
5. Dissolve the stock cube in 750ml boiling water. Pour the stock over the vegetables, cover with a lid and simmer
6. Peel and dice the butternut squash and add into the pan. Cook until soft
7. Peel and chop the sweet potatoes, and add into the saucepan
8. Add the remaining stock and allow the soup to simmer for 20-25 minutes
9. Leave to cool for a few minutes. Ladle half of the soup into the blender. Holding a tea towel over the lid, blend until smooth and pour into a mixing bowl. Repeat for the remaining mixture. Alternatively, use a stick blender in the saucepan and blitz until smooth. Be careful not to splash the soup
10. Adjust the thickness of the soup by adding more water as needed. Taste the soup and add any optional seasonings/chilli/black pepper to taste.



Lastly enjoy your blended soup, serve with crusty bread rolls if you wish!

## Tips and alternatives

- Soup freezes really well so how about doubling up the quantities eating half and freezing the rest? When the soup has cooled portion into individual servings and freeze.  
Soups are very budget friendly and take on the flavours of whatever you add to the pot, which makes them great for using up leftovers or using up a glut of one particular veg.
- For some tasty flavour pairings try tomato and basil soup or pea and mint soup. Chopped potato, sweet potato or squash make a useful addition to thicken the soup and provide texture.



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