

## **Butternut Squash Soup - or Pumpkin Soup**

Ingredients

Serves 4

1 large butternut squash or 1 medium pumpkin

500g potatoes

1 medium-large onion

Handful of fresh coriander leaves (optional)

1 stock cube

Knob of butter and 30 ml oil (e.g. olive oil)

75ml double cream (optional)

Pepper to taste

Chop off the ends of the Squash/pumpkin. Chop in half and use a spoon to remove the seeds. Chop into 1inch cubes.

Melt the butter with the oil in a large pan

Peel & chop the onion. Then fry it gently in the pan, with the lid on, until it starts to soften. Check and stir to make sure it doesn't brown.

Chop the potatoes into approx 2cm cubes. It's up to you whether you peel them or not. Add to the onions and stir to coat well with the oil.

Add the butternut squash. Stir well. Cover and cook for 10 minutes, stirring occasionally.

When the potato has started to soften, mix the stock cube with about 1 litre of water and add to the pan. Simmer gently until all the vegetables are soft - about 15 minutes. You might need to add more water. Add just enough to cover the vegetables, or the soup will be too runny.

Add the coriander and the cream (if using). Either liquidise or mash well, until smooth. Serve with fresh crusty bread.

Make sure you have removed all the pips before cooking, or these can make the squash taste bitter.

Experiment with adding herbs and spices to this soup.

For a thicker, slightly sweeter soup, you could add some sweetcorn kernels at the stock stage.

This soup freezes well. Freeze it before adding the cream, so it will keep longer.

Any of the sweet-flavoured orange-fleshed squashes will do for this soup.