

## Spiced Butternut Squash Soup

This is so simple it will take hardly any preparation and very little time to cook, I've based it on a couple of recipes I've seen on the net. I've made it several times and it always works out great, although some people have differing opinions on the texture.

Butternut Squash is hardy and can take a lot of spice so don't be afraid to add more than you may think, however, in saying that remember you can always add but you can't take away.



### Ingredients

- A Glug of Oil\*
- 1 Butternut Squash
- Two Onions
- Chilli Flakes
- 2 Tsp of Cumin Seeds
- 2 Pints of Water
- 2 Stock Cubes (Vegetable or Chicken)
- 3 – 4 Garlic Cloves
- Cream to finish (optional)
- Salt and Pepper

\* hiding from the picture

### Also Needed (no picture)

- Baking Tray
- Liquidiser
- Measuring Spoons
- Knife

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### Method:

<b>1</b>	Preheat the oven to 180°C	
<b>2</b>	Cut the Butternut Squash into pieces, leave the skin on, you can take it off later.	
<b>3</b>	Cut the Onions in half and place on a baking tray lined with foil along with the Garlic	
<b>4</b>	Next add the Butternut Squash	
<b>5</b>	Drizzle over some oil then sprinkle over the spices and seasoning. Toss everything together to spread the flavour out.	
<b>6</b>	Roast for 20 – 30 minutes or until the Butternut Squash is cooked through. Keep an eye as you may need to remove the garlic and onions to stop them burning.	
<b>7</b>	Once cooked set aside to cool down, you can then take the skin off the Squash fairly easily.	
<b>8</b>	Place the Squash in the blender along with the Onions and Garlic and start to blitz. Pour in stock in until you reach the desired consistency.	
<b>9</b>	Place in a saucepan on a medium heat to bring to the boil, stir regularly. You may need to season again at this point.	

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<b>10</b>	I liquidised mine until it was smooth and then served with some toasted croutons.
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