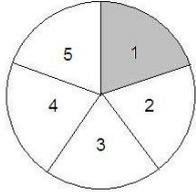


Pumpkin or Butternut Squash Soup

Serves 6-8

Portions of fruit & vegetables per serving: 1



Hob needed

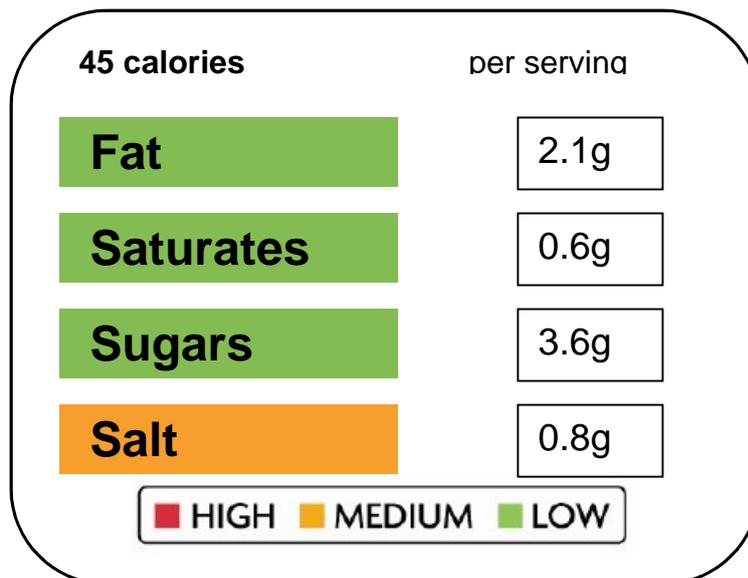


Ingredients	Amount	Preparation
pumpkin/butternut squash	1 medium	peeled, deseeded and chopped into cubes
vegetable oil	1 dessert spoon	
onion	1	chopped
garlic	1 clove	crushed
pepper	to taste	
vegetable stock	1½ pints (700mls)	Make up according to instructions on stock packet
ground ginger	½ teaspoon	
lemon juice	1 tablespoon	
bay leaves (optional)	1-2	
skimmed milk	½ pint (240mls)	
orange rind (optional)	3-4 strips	

Please Turn Over

Method

- 1 Peel the pumpkin/butternut squash, remove the seeds and then cut the flesh into 2cm size cubes.
- 2 Add the oil to a large saucepan, then gently fry the onions and garlic over a low heat until soft (not brown).
- 3 Add the pumpkin/butternut squash and toss with the onion and garlic for 2-3 minutes.
- 4 Add the stock and bring to the boil over a medium heat. Season with pepper then add the ground ginger, lemon juice, strips of orange rind (optional) and the bay leaves (optional).
- 5 Cover pan and simmer over a low heat for 20 minutes until the pumpkin/butternut squash is tender.
- 6 Discard orange rind and bay leaves (if used). Cool slightly then press through a sieve with a spoon or use a food processor or hand blender until smooth and pour into a clean saucepan. Add milk and re-heat gently before serving.



Handy Hints

- Can be garnished with a swirl of natural yogurt or fromage frais and snipped chives.
- Serve with granary bread
- You can use semi-skimmed milk if you prefer but this will increase the calories and saturated fat.