



**Hearty Squash Soup**

**Serves 4-6 persons**

**Ingredients:**

- Olive oil
- 2 onions diced
- 2 cloves garlic diced
- 3 carrots chopped
- 1 celery stick chopped
- 1 butternut squash chopped
- 1/2 sweet potato
- 500ml water

**Flavour Release:**

- Sea salt
- Black Pepper
- Medium curry powder
- Fenugreek
- Cumin
- Garam masala
- Soy sauce
- Worcestershire sauce
- Wholegrain mustard

**Method:**

- Heat olive oil in a large saucepan
- Add the onion, garlic, 1 carrot, celery and saute of 15 -20 mins in 100ml of water at a low heat
- Add remaining carrots, squash , sweet potato



- Add all your flavours, remaining water , bring to the boil , reduce and simmer slowly for 20-30 mins.

**Optional: To make a fuller meal / quick nutritious evening meal:**

- Add 1 tin of butter beans to the soup
- 1 x lean chicken breast shredded over the soup