



Roasted Butternut Squash & Red Onion Soup

Sarah's Servings: 6 Sarah's skill: Easy, Cooking time: 60 mins

Ingredients

1.25kg butternut squash , unprepared weight
4 tbsp olive oil
4 red onions, roughly chopped
4 garlic cloves
750ml vegetable stock
½ tsp salt
½ tsp pepper

Method

1. Pre-heat the oven to 200°C (180°C fan).
2. Cut the butternut squash in half and scrape out the seeds.
3. Put some foil on a baking tray and place the squash on the tray. Drizzle with 2 tbsp of olive oil and season with salt and pepper.
4. Roast in the oven for 50 minutes or until soft. Leave to cool slightly.
5. In a large pan heat 2 tbsp of oil then add the onions and garlic, then stir until soft but not browned, then add the stock.
6. Remove the cooled butternut squash flesh from the skin and add to the pan.
7. Leave to simmer for 10 -15 minutes, then remove from the heat.
8. Blend the soup with a stick blender or in a liquidiser. Season to taste.
9. Serve warm with bread and butter.