

Roasted Squash Soup

This hearty soup has a lovely roasted vegetable flavour and is simple to make. It's a perfect way to use up leftover vegetables and it freezes well. This recipe is also low in fat, saturated fat, salt and sugar. It's high in vitamin A and C, which are both good for our skin and to help our bodies fight infection.



Celery, egg, milk and wheat (gluten)*

Nutritional information per portion (341g):

Energy 622kJ 148kcal 7%	Fat 6.2g 9%	Saturates 0.8g 4%	Sugars 13g 15%	Salt 0.46g 8%
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of an adult's reference intake.
Typical values per 100g: energy 182kJ/43kcal.

Equipment

Colander
Chopping board
Vegetable peeler
Sharp knife
Large bowl
Measuring spoons
Large baking tray
Oven gloves
Kettle
Measuring jug
Wooden spoon
Blender
Thick tea towel
Spatula
Large saucepan and lid
Ladle

Ingredients

Serves 4-6
2 sweet potatoes
1 medium squash
2 red peppers
2-3 sticks celery
1 red onion
2 x 15ml spoons vegetable oil
500ml water
1 x reduced-salt vegetable stock cube
Black pepper (optional)

*Presence of allergens can vary by brand – always check product labels. If you serve food outside the home you must make allergen information available when asked.



Top Tip

- To peel the squash more easily, prick the skin all over with a sharp knife and place in the microwave on full power for 3 minutes (timing based on an 800W microwave). Leave to cool for a few minutes before peeling – which will now be much easier.

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Method

1. Preheat the oven to 190°C/170°C fan or gas mark 5.
2. Wash the sweet potatoes, squash, peppers and celery and drain in the colander.
3. Peel and roughly chop the onion into 2cm chunks.
4. Peel the squash and sweet potato and chop into 2cm chunks.
5. Deseed the peppers then chop the peppers and celery into 2cm chunks.
6. Use a large bowl to collect all the chopped vegetables together.
7. Place all the chopped vegetables onto a baking tray, drizzle with the oil and bake in the oven until soft. This can take between 40–50 minutes depending on the size of the chopped vegetables.
8. Fill and boil the kettle. Pour 500ml of boiling water into the measuring jug, crumble in the stock cube and stir to dissolve. Leave to cool.
9. When all the vegetables are softened, place a third of the mixture into the blender and add a third of the cooled stock.
10. Holding a tea towel over the lid, blend the soup and pour into the saucepan.
11. Repeat until all the soup is blended. Add additional water if the soup is too thick.
12. Season with black pepper (if using), heat up and serve.

Top nutrition facts

- Yellow, orange and red-coloured fruits and vegetables contain beta-carotene, which is converted to vitamin A in the body. Vitamin A is essential for healthy eyes, helps with night vision and helps our bodies fight infection.
- Vitamin C helps protect our bodies against infection and helps healing.

Something to try next time

- Adding 1 x 5ml spoon of curry powder will give the soup a spicy flavour.
- Use some roasted beetroot instead of the celery to add additional colour and flavour to the soup.
- Why not cook some extra roasted vegetables for a meal and use the leftovers to make some soup? Continue from step 7, adding the vegetables to the stock and simmering for 10 minutes before blending.
- Add the juice of half a lemon just before serving.

Prepare now, eat later

- This soup will freeze well for up to 1 month, but remember to defrost thoroughly before reheating. You could freeze this in individual portions and defrost as needed.
- Use leftover soup as a pasta sauce or a sauce to serve with grilled chicken.

Skills used include:

Washing, measuring, peeling, chopping, blending, boiling/simmering and roasting.