



Butternut Squash Soup

Prep Time : 15 mins Cook Time : 35-45 mins Servings : 1 Large Bowl

INGREDIENTS

- 2 Onions
 - 2 potatoes
 - 2 sweet potatoes
 - 1 Butternut Squash (you can use pre diced fresh/frozen)
 - 3 Celery sticks
 - 5 Carrot (optional)
 - 1 Courgette (optional)
 - Salt
 - Black pepper
 - Chicken Consommé (optional)
- NOTES :**

DIRECTIONS

1. Peel the vegetables
2. Place in a pot with water covering about an index finger above all the vegetables
3. Add in the salt, black pepper and Consommé powder
4. Let it boil until the vegetables all feel soft
5. Blend until smooth or to your preference

The smaller you cut the vegetable the quicker it boils. You can use pre diced or cut vegetables to reduce the preparation time. You can replace or add any other vegetables you wish to, if you have any in your fridge that aren't in great shape now is the time to use it 😊

There is nothing better to keep yourself warm in those cold winter nights than a creamy butternut squash soup!