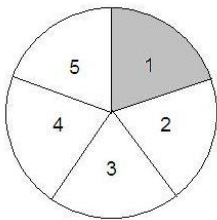


Pumpkin or Butternut Squash Soup

Serves 6-8

Portions of fruit & vegetables per serving: 1



Hob needed



Allergen information:

Allergens are in bold.

Contains milk

May contain cereals containing gluten, celery and soya

Ingredients	Amount	Preparation
vegetable oil	1 dessertspoon	
onion	1 medium	chopped
garlic	1 clove	crushed
pumpkin/butternut squash	1 medium	peeled, deseeded and chopped into cubes
vegetable stock	700mls (1½ pints)	make up according to instructions on packet
ground black pepper	¼ teaspoon	
ground ginger	½ teaspoon	
lemon juice	1 tablespoon	
skimmed milk	240mls (½ pint)	
orange rind (optional)	3-4 strips	
bay leaves (optional)	1-2	

Please Turn Over

Method

- 1 Heat the oil in a large saucepan, then gently fry the onions and garlic over a low heat until soft (not brown).
- 2 Add the pumpkin/butternut squash and cook with the onion and garlic for 2-3 minutes.
- 3 Add the stock and bring to the boil over a medium heat. Season with black pepper, then add the ground ginger, lemon juice, strips of orange rind (optional) and the bay leaves (optional).
- 4 Cover the pan and simmer over a low heat for 20 minutes until the pumpkin/butternut squash is tender.
- 5 Discard the 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 and blend until smooth.
- 6 Add the milk and re-heat gently before serving.

(based on 8 servings)		
56 calories		Per serving
Fat	LOW	1.2g
Saturates	LOW	0.1g
Sugars	LOW	5.9g
Salt	LOW	0.5g

■ HIGH
 ■ MEDIUM
 ■ LOW

Handy Hints

- Serve with granary bread.
- You can use semi-skimmed milk if you prefer, but this will increase the calories and saturated fat.