



## Butternut Squash soup - Serves 4

### Ingredients:

- 1 tsp oil
- ½ butternut squash
- ½ onion, sliced
- 1 clove garlic, chopped
- 290ml boiling water
- 1 vegetable stock cube

### Method:

1. Peel the butternut squash and remove the seeds.
2. Dice and sauté in the oil with the onion and garlic for 3-4 minutes.
3. Add the water and stock cube and simmer, covered for 10-12 minutes until the squash is tender.
4. Blend the soup with a hand blender.
5. Season with needed and serve.

### Did you know ?

Butternut squash is high in a source of vitamin A. Vitamin A is important for healthy skin and eyes.

Onions may help to lower blood cholesterol levels and reduce the risk of coronary heart disease. It is believed that the sulphur in onions may help to prevent the growth of cancer cells.

Daily doses of garlic may help to lower blood pressure. Garlic has antiviral properties and can be eaten raw to relieve symptoms of a cold.

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