

Butternut Squash Soup

Ingredients

1 cup (3-4 medium) carrots, chopped
1 cup (200g) Butternut squash, peeled and chopped
½ onion, peeled and chopped
1 tablespoon olive or coconut oil
1-inch piece fresh ginger root, peeled
500ml chicken or vegetable stock
(broth can be used instead)
Sea salt and black pepper to taste
1 teaspoon chopped parsley, to serve

Method

Sautee onion, ginger and vegetables in a pan with oil until softened.
Add stock or broth and simmer until vegetables are soft.
Place all ingredients in a blender and blend until smooth.
An immersion blender can also be used.
Season to taste and sprinkle with parsley.