

Simple Butternut Squash Soup

Serves 4

Preparation Time: 25 mins

Cooking Time: 25 mins

Weight Watchers Recipe: 10 ProPoints, Per Serving: 3 ProPoints

The versatility of the humble butternut squash is amazing. Start out simple and later add your own original twists.

Ingredients

- ❖ 15ml (1 tbsp) olive oil
- ❖ 30g (1 oz) butter
- ❖ 1 onion, peeled and chopped
- ❖ 1 clove garlic, crushed
- ❖ 900g (2 lbs) butternut, peeled and sliced
- ❖ 900ml (1½ pints) vegetable or chicken stock
- ❖ salt and freshly ground pepper
- ❖ parsley or chives, washed and roughly chopped

Directions

1. Heat the oil and butter in a large saucepan, add the onion and garlic and gently sauté.
2. When the onion has softened after about 5 minutes, add the butternut and stock and stir well. Bring to the boil. Simmer for 25 minutes or until the butternut is soft.
3. Blend the soup with a hand-held blender or in a food processor.
4. Season to taste, serve in four bowl and sprinkle with the herbs.

Serving Suggestion

Your favourite type of bread, buttered, will go down a storm.

Notes

- If you're on Weight Watchers, simply omit the butter and oil and use low-fat cooking spray instead, which will turn the soup into **0 ProPoints!**
- If you're vegan, simply omit the butter and add more oil to the recipe instead.
- If you're on a low-fat diet, leave out the oil and butter and use low-fat cooking spray.
- For more ideas on how to jazz up this soup, go here:

<http://www.greedygourmet.com/2009/02/12/simple-butternut-squash-soup/>

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