

# Butternut Squash & Orange Soup

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Serves 4-6

Preparation Time: 30 mins

Cooking Time: 40 mins

*The versatility of the humble butternut squash is simply amazing. Here is another soup variation.*

## Ingredients

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- ❖ 45ml (3 tbsp) butter
- ❖ 1 large onion, chopped
- ❖ 2 medium potatoes, diced
- ❖ 750g (1½ lbs) butternut, peeled, seeded and diced
- ❖ peel of ½ orange
- ❖ 750ml (3 cups) chicken or vegetable stock
- ❖ 65ml (¼ cup) orange juice
- ❖ pinch ground cinnamon
- ❖ 125ml (½ cup) double cream [optional]
- ❖ salt and freshly ground pepper to taste

## Directions

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1. Melt butter and sauté onions for about 1 minute.
2. Add the vegetables, orange peel, stock and orange juice and bring to the boil.
3. Reduce the heat, cover and simmer for about 30 minutes, or until vegetables are soft.
4. Transfer to a blender or food processor and work until fairly smooth.
5. Return to the pan and add cinnamon, cream and seasoning.
6. Slowly bring to boil, reduce until heated through, a few minutes. Add a swirl of cream to each dish, if desired, and serve immediately.

## Serving Suggestion

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Serve with fresh whole wheat bread slathered with butter.

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