

Butternut squash and red pepper soup

Ingredients

½ butternut squash
1 small sweet potato
1 white onion
1 red pepper
1-2 red chillies
1 clove of chopped garlic
1 veg stock cube

Method

1. Roughly chop all the veg
2. Fry the onions, garlic and chilli
3. Add the rest of the veg with stock cube dissolved in water
4. Cook until soft, then blend (add more water throughout as needed)