



Peterborough
Environment City Trust



Peterborough Community Services
Health and Social Care

Butternut Squash Soup

Preparation time : 15 minutes
Cooking time : 15 minutes
Total time : 30 minutes

Serves: 4

Ingredients:

1 onion
1 clove of garlic
1 butternut squash, peeled, deseeded and cut into squares
1 tbsp olive oil
Veg stock cube dissolved in 290 ml of boiling water
2-3 tbs low-fat natural yoghurt
Half tsp of ground ginger
Black pepper to taste

Method

Sauté sliced squash, onion and garlic for a few minutes in olive oil.
Add stock and ground ginger, simmer for 15 minutes.
Blend soup, season to taste with black pepper.
Serve with a spoonful of yoghurt.

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