

Scallywags Butternut Squash Soup

A winter warming favourite of ours! Made with fresh ingredients and full of vegetable goodness, this quick, tasty, homemade soup always goes down well here at Scallywags! It's a great way of 'hiding' lots of vegetables.

Serves: (Roughly) 6-8 child portions

Can be frozen for future use

Ingredients:

Vegetable Oil

1 Onion

1KG Butternut Squash

2 Carrots

2 Parsnips

1 Garlic Clove

1 Stick of Celery

Milk (Cows, Oatly, Soya or Water)

300g Potatoes

Pinch of mixed Herbs



Helpful tips

Use water for a 'no milk' alternative.

Potatoes act as a natural thickener for the soup.

We leave the potato skin on for additional fiber, vitamins and minerals.

Garlic has many benefits, including helping to strengthen the immune system. We don't use vegetable stock as some are not suitable for Dairy/Soya intolerances.

You can buy 'children's safety knives' - these are great for getting the children involved in the vegetable chopping.

Please note this is just a guidance recipe, we appreciate our measures like 'splash' and 'pinch' are not official measurements.



Lets make some soup!

Needed: Saucepan | Stove | Blender | A little helper (Optional)

Wash all of the vegetables

Peel the Onion, Carrots, Parsnips, Garlic and Butternut Squash.
(Leave the skin on the potatoes)

De-seed the Butternut Squash

Roughly chop all of the ingredients

Put a splash of vegetable oil into your saucepan, heat on a *low heat*. Once hot, add the onion and celery. Sauté until caramalised, golden brown.

Add the rest of the vegetables to the pan, stirring continuously so as not to stick. Do this for a few minutes until the vegetables begin to soften and colour.

Deglaze the pan with water, milk or your milk alternative (you can do a mix of water and milk) – enough to cover all the vegetables.

Add a pinch of herbs

Cook on a low heat for 20 minutes until the vegetables have softened

Once softened, blitz with a hand blender (or normal blender)

You can season to taste! (We don't use salt and pepper at Scallywags)

Serve and enjoy!