



CHILLI GINGER BUTTERNUT SQUASH SOUP

A healthy recipe by THE HEALTH BOOST

INGREDIENTS

- 1 large butternut squash, peeled and cubed
- 4 medium purple carrots, sliced
- 1 large onion, sliced
- 1 red peppers, chopped
- 1 red chilli, seeds in, chopped
- 3 garlic cloves, chopped
- 1 thumb size piece of fresh ginger, chopped
- 600 ml vegetable or chicken stock
- 3 tablespoon Olive oil
- 2 tablespoon Hot smoked paprika
- Optional: 3 slices of back bacon

PREP TIME

Prep time: 15mins

Cooking time: about 1hr

METHOD

- Preheat the oven at 200C
- Chop and slice all the vegetables, ginger and chilli
- Spread onto a baking tray
- Drizzle generously with olive oil
- Sprinkle with the paprika, black pepper and salt
- Stir and shake well so all vegetables are coated in oil and spices
- Slide in the oven and roast for about 45minutes / until soft and golden
- In a large pan, add the stock and heat up for 10 minutes
- Transfer all the roasted vegetables to the stock and simmer for about 20 minutes
- Remove from heat and blend. I like using a hand blender.
- Blend to desired consistency