

## **Butternut Squash, Sweet Potato and Carrot Soup**

### **Ingredients**

1 large onion, chopped  
1 clove of garlic, finely chopped  
300 grams (3 large) of carrots, peeled and chopped  
750 grams (1 small) butternut squash, peeled, deseeded and chopped  
400 grams (1 standard size) orange sweet potato, peeled and chopped  
2 litres chicken or vegetable stock  
2 tbsp extra virgin olive oil  
4 tbsp lemon juice  
Salt and pepper to taste

### **Cooking Instructions**

Gently sweat the garlic and onions in a pan for about 3 minutes in the olive oil.  
Add carrots and cook gently for 5 minutes with the lid on.  
Add butternut squash and sweet potato and cook gently for an additional 5 minutes.  
Add stock and bring to a simmer and cook covered until the vegetables are soft.  
Cool slightly then process with a hand blender or food processor.  
Return to pan and add lemon juice and salt and pepper to taste.  
Reheat and serve optionally with a swirl of cream.