# BUTTERNUT *soup*

This soup is an all time family favorite and the easiest way to get plenty veggies into children and adults alike.

The wonderful thing about a soup is the number of ingredients you can add into it, especially with fussy eaters. Keeping our meals diverse means keeping our gut bacteria diverse which means a stronger immune system all round.

## INGREDIENTS

- 1 large red onion
- 2 garlic cloves
- Inch fresh ginger
- 2kg diced butternut
- 1 large carrot
- 1 litre vegetable stock
- 2 tablespoons ground coriander
- 1 tablespoon cinnamon
- 1/2 cup walnuts
- Salt & pepper to taste

## INSTRUCTIONS

**1.** Peel and dice the onion, garlic, ginger and carrots.

**2.** Dry fry the onion for a few minutes, then add the garlic and ginger and dry fry for a further 5 minutes. Add some water or vegetable stock when it starts to stick.

**3.** Add the carrots, butternut, vegetable stock, cinnamon and coriander and stir well and bring to a boil.

**4.** Reduce the heat and simmer with the lid on for another 20-30 minutes until the butternut is perfectly soft.

**5.** Remove from the heat, add walnuts and blend until smooth.

**6.** Dish, add salt and pepper to taste and enjoy.

**SERVES**
6 PEOPLE

**PREP TIME**
5 MIN

**COOK TIME**
30 MIN

**TOTAL TIME**
35 MIN

**NUTRITIONAL INFORMATION**

MAKES 6 X 390G PORTIONS

EACH PORTION CONTAINS:

240 KCAL
4.8G PROTEIN
6.5G FAT
29.8G CARBS
12.9G FIBER

Health Concepts
GO WITH YOUR GUT

WWW.HEALTHCONCEPTS.IE
+353 87 709 1869
SIOBHAN@HEALTHCONCEPTS.IE