

Roasted Butternut Squash and Red Pepper Soup

This quick and easy Butternut Squash and Red Pepper Soup recipe combines the delicious flavours of roasted butternut squash and roasted red peppers, with just a touch of garlic and fresh basil... The result is a delicious and nutritious meal that can be on the table in just 35 minutes!

Total Time 35minutes minutes

Servings 4 people

Calories 181kcal

Ingredients

- 500 g butternut squash peeled and chopped into small chunks (roughly 2cm cubes – See Note 1)
- 2 large red (bell) peppers chopped into chunks (roughly 2cm x 2cm)
- 3 tablespoons olive oil
- 1 red onion diced
- 2 cloves garlic grated or crushed
- 500 ml vegetable stock from a cube is fine
- Salt and black pepper to taste
- 2 tablespoons fresh basil chopped finely

Instructions

1. Preheat your oven to 220C / 200C fan / gas mark 7 / 425F.
2. Drizzle 2 tablespoons of olive oil over the vegetables and toss everything together, so the vegetables are well coated in the oil. Then place the chopped butternut squash and red pepper in a large roasting tin arrange in one layer, ensuring the vegetables are not touching each other.
3. Place the roasting tin in your pre-heated oven and roast for 10 minutes. After 10 minutes, remove from the oven and turn the veggies. Take care to ensure the vegetables are well spaced out again.
4. Put the roasting tray back in the oven and roast for a further 10 minutes, or until the vegetables are soft and have just started to go brown round the edges.
5. While the vegetables are having their final 10 minutes roasting time, place the remaining 1 tablespoon of olive oil and the diced onions in a fairly large saucepan and gently fry for 4 minutes, with the lid on, until softened but not brown. Stir occasionally. Add the garlic and fry gently for 1 more minute, stirring occasionally.
6. When the roasted vegetables are ready, add them to the saucepan, together with the vegetable stock, salt and pepper and turn up the heat. Bring to the boil, then turn the heat right down and simmer for 5 minutes with the lid on.
7. Blend the soup with a blender, together with the fresh basil, and blitz until completely smooth.
8. Ladle the soup into bowls and serve with bread.