

THE Kitchen CLUB

Learn to cook, eat well for life



Butternut and Sweet Potato Soup

Serves 8

The sweet taste of golden sun set – a perfect way to bring in the evening with this bowl of warming soup. Not only is it tasty, it is packed with lots of beta-carotene to make boost our skin, eyes and immune system

Equipment

- Apron
- Non slip mat or tea towel
- Vegetable Chopping Board
- Sharp Knife
- Garlic Press
- Peeler
- Large Bowl
- Small Bowl
- Kitchen Scissors
- Measuring Spoons
- Measuring Jug
- Kettle
- Kitchen Scales
- Large Saucepan
- Hob
- Wooden Spoon
- Stick Blender or food processor
- Ladle
- Serving Bowls

Ingredients

- 50g butter
- 1 butternut squash - peeled, seeded, and cut into chunks
- 1 sweet potato, peeled and cut into chunks
- 1 stalk celery, chopped
- 1 sweet onion, chopped
- 2 cloves garlic, minced, or more to taste
- 1 ltr chicken stock, or as needed
- salt and ground black pepper to taste

Nutrients

Sweet potatoes are actually not a potato but a yam instead. They have a low GI rate so take longer to digest therefore releasing sugar into our blood in a more stable manner. Sweet Potatoes are a good source of Vitamin C which not only wards off cold and flu viruses but is also important in our bone and teeth and blood formation. Vitamin C also helps healing wounds. It also produces collagen which helps maintain the elasticity in our skin.

Low in fat, **butternut squash** delivers an ample dose of dietary fiber, making it an exceptionally heart-friendly choice. It provides significant amounts of potassium, important for bone **health**, and vitamin B6, essential for the proper functioning of both the nervous and immune systems.

Method

1. Melt butter in a large pot over medium-high heat. Cook and stir butternut squash, sweet potato, celery, onion, and garlic in hot butter until lightly browned, about 5 minutes.
2. Pour chicken stock into butternut squash mixture; bring to a boil. Reduce heat to low, cover, and simmer until squash and potato are tender, about 40 minutes.
3. Pour squash mixture into a blender no more than half full. Cover and hold lid down; pulse a few times before leaving on to blend. Puree in batches until smooth.
4. Return pureed soup to pot and season with salt and black pepper.

Based on recipe from allrecipe.com - <http://allrecipes.com/recipe/234839/butternut-squash-sweet-potato-soup/>

Carbohydrates - Gives us energy	Protein - Builds our bodies	Good Fats in small quantities - Keeps our bodies working	Fibre - Sweeps our tummies
			
Allergens: Celery ; Cereals (Gluten) ; Wheat Presence of allergens can vary by brand – always check product labels.			

Top Tips

- If using a handheld blender, always cool the soup before blending and make sure the blade is submerged into the liquid to avoid splattering.
- If you are using a blender/food processor, never fill more than half way, and cover the lid with a thick tea towel and hold the lid down when blending.
- To freeze, cool the soup as quickly as possible then transfer to a plastic container and freeze for up to 1 month. Defrost thoroughly and reheat until piping hot, stirring to ensure the soup is heated through.

Skills learnt today: You have been: Weighing, measuring, washing, peeling, chopping, mixing, boiling/simmering, frying and blending.

