



The smallest soup maker, the biggest results

Beautiful Butternut squash soup

This beautiful soup is loaded with Vitamin A and Vitamin C. Perfect for bone health, immune support, and to reduce fatigue. You can often find frozen packs of butternut squash in the supermarkets if you prefer, but it's worth the effort to roast it first for a lovely intense flavour

Ingredients

- Diced Butternut squash about 120g for 1 bowl soup
- Diced Carrot – about 2 inches
- ¼ red onion
- ¼ red pepper
- 1 tomato
- 1 clove of garlic or a squidge of garlic purée
- 1 tsp ginger or a small squidge of ginger purée
- ½ vegetable stockpot or stock cube
- 200ml hot water (you can use 200ml of your own stock)
- Dollop of cream or crème fraiche
- Croutons and toasted pumpkin seeds (optional)

Instructions

1. The convenience of Justme is that you use small quantities of veg to make just one bowl of soup. So, if you have a little leftover squash this is ideal or if you have too much you can freeze the leftover squash chunks. Alternatively, you can buy ready prepared frozen squash chunks. For best results and the nicest flavour, it is a good idea to roast the squash first. You don't have to do this. You can just cook in the soup maker without going to the effort, but the oven really intensifies the flavour

2. Peel and chop the squash, chop the onion, pepper , carrot, and tomato. Add all the ingredients to the baking tray with a clove of garlic.
 3. Drizzle in oil and season well. Roast for 30 mins on 180°
 4. When the vegetables have softened and cooked a little, add them to the soup maker.
 5. Add the ginger and half a chilli
 6. Add 200ml vegetable stock
 7. Connect to power supply. attach the lid, make sure the shape of the lid aligns with the shape of the cup. When the lid is aligned correctly the lights will stop flashing
 8. Using the function button, gently touch until the 'Smooth' light is lit.
 9. Press the start button . The program will cook then blend ingredients . the program time is 19 mins
 10. When the program has finished the machine will beep 3 times. Pour out your smooth soup into a bowl
 11. Top with croutons and drizzle with cream or crème fraiche.
- Enjoy!

