

**BUTTERNUT SQUASH AND SWEET CORN SOUP****FOOD FACT:**

Sweetcorn is a good source of fibre and protein.

Butternut squash is a member of the pumpkin family and is a rich source of beta-carotene which protects against cancer.

**Preparation time**      **5 MINS**

Serves 4-6

**Cooking time**         **13 MINS**

**BUTTERNUT SQUASH AND SWEET CORN SOUP****Ingredients**

1. Put the onion, garlic and oil in a bowl, cover and cook on FULL power for 2 minutes.
2. Add the squash, sweetcorn, basil and half the stock, cover and cook on FULL power for 8-10 minutes or until squash is soft.
3. Add the rest of stock, cover and cook on FULL power for 3 minutes.
4. Puree the soup until smooth adding the yoghurt for extra creaminess. Season with pepper.
5. Serve with crusty bread.

- 1 onion, peeled and chopped
- 1 garlic clove, peeled and crushed
- 1tbsp oil
- 1 medium butternut squash, peeled and cubed
- 150g sweetcorn kernels (tinned, frozen or fresh)
- 750ml vegetable stock
- 1tsp dried basil
- black pepper
- 100ml natural yoghurt (optional)

