

Butternut Squash and Sweet Potato Soup

Serves 6. This wholesome soup is packed full of vegetables and good fats. Perfect for a nourishing lunch or light dinner.

Ingredients

1 knob butter
1 teaspoon olive oil
1 large white onion
1 large diced sweet potato, peeled and diced to 2cm cubes
1 butternut squash, peeled and diced to 2cm cubes
900ml vegetable stock
2 tablespoons Udo's Oil

Method

1. Melt the butter in a pan and add your olive oil.
2. Add the onions to soften, then the sweet potato and butternut squash.
3. Add stock and bring to the boil, turn down heat and simmer for around 45 minutes.
4. Use a blender to blend all the ingredients together (you can leave to cool before doing this step).
5. Stir in Udo's Oil and season to taste.