

Ingredients (serves 4):

1 x butternut squash
1 x medium sized onion
1 x tin of chopped tomatoes
1 x pint of vegetable stock (simply add boiling water to a stock cube)
1 table spoon of olive oil
Ground black pepper
Ground cinnamon
Dried/fresh basil

PREP

Make your stock.
Using a vegetable peeler remove the hard skin from the squash.
Chop your onion and squash into small pieces.
Open tin tomatoes.
....DONE!

COOK

Add olive oil to saucepan and heat up.
Add onion and squash (allow to cook, go soft but don't burn, so keep moving in pan!).
Add stock and tomatoes.
Allow to simmer and become thicker.
Add cinnamon, pepper and basil to taste.
....DONE!

TRY

Blend the soup using a food blender
Serve when hot with a slice of whole meal bread.....great!