



Roasted autumn vegetable soup



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Ingredients in Roasted autumn vegetable soup



One small Butternut Squash

450g Parsnips

200g Carrots

150g Tomatoes

1 or 2 Bramley Apples

2 Onions

1x 15mls Vegetable oil

1 litre stock (1 or 2 stock cubes, plus 1litre water)

For about 4 servings



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Equipment

- Vegetable peeler
- Vegetable knife
- Measuring spoons
- Wooden spoon
- Chopping board
- Mixing bowl
- Baking tray
- Hand blender
- Measuring jug
- Large saucepan
- Pan stand



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Prepare the vegetables

1. Prepare the butternut squash by cutting it in half - you may need an adult to help you do this.



2. Remove the seeds and cut the squash into large chunks.





Prepare the vegetables

3. Peel and chop the parsnips into chunks.



4. Peel and chop the carrots in chunks.



5. Peel and quarter the onions.



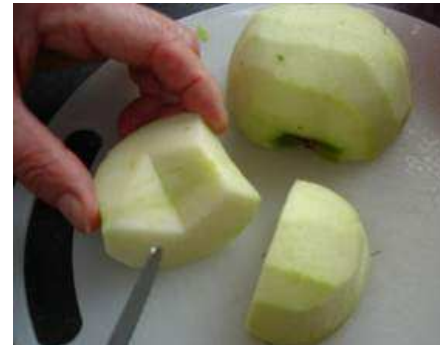
6. Halve and quarter the tomatoes.





Prepare the apple

7. Wash the apple, cut into quarters and remove the core. You could peel the apple or leave the skin on.



8. Place all prepared ingredients onto the baking tray.





Roast the vegetables

9. Sprinkle the vegetables with the herbs and the oil.



10. Bake for 45 minutes in an oven heated to 180°C, Gas 4.





Cool the vegetables

11. Take the vegetables out of the oven and leave to cool slightly.

12. Remove the squash from the skin using a spoon.

13. Place all roasted vegetables into a large saucepan and add the stock. Bring to the boil and then simmer for 15 minutes.

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Blend the soup

14. Check to make sure that the vegetables are soft.

15. Use a hand blender to make a pureed soup. If the soup is too thick add extra stock or water.



Take care blender -
adults only



Serving the soup



Serve the soup in individual dishes or in cups.

Try the soup with bread or with the breadsticks from Active Kids Get Cooking Summer Recipes.

