

# Roasted Winter Vegetable Squash Soup



Serves	Prep Time	Cooking	Total Time	Calories
<b>6 people</b>	<b>10 minutes</b>	<b>40 minutes</b>	<b>50 minutes</b>	<b>170 kcal</b>

## Stuff that's in it:

- 2 Medium Butternut Squash (Top Sliced Off, Sliced In Half, Scored, Seeds Removed)
  - 1 Red Pepper (Quartered)
  - 1 Celeriac (Peeled, Chopped Into Chunks)
  - 1 Large Carrot (Peeled, Sliced In Half)
- 2 Whole Bulbs Garlic (Top Sliced Off To Expose Cloves)
  - 2 Medium Red Onions (Peeled And Halved)
    - 8 Cherry Tomatoes
    - 2 Tsp Sweet Paprika
  - Salt And Pepper To Taste
- Olive Oil To Coat Veggies, Reserve A Little After Roasting Veg
  - 125Ml Chicken Stock
  - 1 Can Coconut Milk (Light)
- Handful Fresh Parsely (To Garnish )
- 1/2 Fresh Chilli (To Garnish/Taste)

## What you do:

Pre heat your oven to 190c (fan)

Place your butternut squash in a large baking tray then fill with the chopped celeriac , red peppers , carrots garlic bulbs and then add the red onion halves insist each of the squash cavity. Place the tomatoes on top , sprinkle with paprika , salt and pepper then drizzle generously with oil and coat all over, bake for around 40-45 minutes , until golden. Reserve some of the roasted oil.

Cool slightly , use a spoon to scoop out the butternut squash from the skin, squeeze the garlic from the shell , it should come out like toothpaste if you squeeze it from the base, then Blitz the veggies in a food processor, pour into a pan, add the coconut milk, stock , heat through and stir.

Cool slightly , Pour back into a blender or use a Stick blender to puree into a smooth soup, add parsley , oil from the roasted tray and fresh chilli to serve in a bowl.

### **Nutrition**

- Carbs: 16g
- Fat: 9g
- Protein: 3g
- Fibre: 5g
- Saturated Fat: 4g

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