SWEET POTATO & BUTTERNUT SQUASH SOUP

Grab & Go: This recipe provides a portion of vegetables. If this dish is provided at lunchtime it would not count towards the requirement to provide a portion of vegetables as an accompaniment because they are part of a composite dish. It is good practice to include vegetables as part of composite dishes.

Recipe adapted from: Middlecott Secondary School, Lincolnshire, featured in the Children’s Food Trust Recipes for Success series.

Ingredients:
- 45ml (3 tbsp) olive oil
- 450g onion, peeled and chopped
- 1.8kg sweet potatoes, peeled and diced
- 1.2kg butternut squash, peeled and diced
- 4.5 litre water
- 20g fresh or 10g dried rosemary
- 4g black pepper

Method:
1. Heat the oil in a large pan, then add the onions and fry for 2 minutes.
2. Add the sweet potatoes and butternut squash and fry for a further 5 minutes.
3. Add the water, rosemary and black pepper, and bring to the boil.
4. Simmer for 25 minutes or until the vegetables are soft.
5. Blend until smooth.

Serving suggestion: add a swirl of low-fat yoghurt and a sprinkle of fresh parsley.

Number of portions this recipe makes:
- 30 primary servings (270g)
- 20 secondary servings (400g)

Prep: 15 minutes
Cook: 25 minutes

Allergy information:
None

Top Tips:
Try flavouring with herbs or adding a touch of chilli.

Government Buying Standards for Food & Catering Services:
Using the GBSF nutrition criteria to buy ingredients helps to reduce the amount of salt, saturated fat and sugar in children’s diets.

For this recipe: choose vegetable oil based on unsaturated fat.