



## 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 (3tbsp) 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,