

Totally Delicious Vegetable Soup

Ingredients

- 500g butternut squash, peeled and diced
- 500g courgette, diced
- 1 large onion, finely chopped
- 2 cloves garlic, crushed (smoked garlic is great if you can find it)
- 100g spinach leaves
- 1 tsp dried rosemary
- salt and freshly ground black pepper
- 1 litre vegetable stock

Preparation

1. Add all the ingredients to a large saucepan except the spinach and season well
2. Simmer for 15 minutes until the squash is tender
3. Stir in the spinach and serve as it is or puree in a blender
4. Divide into six portions



PHASE 1

Meal: Any

Time: 5 minutes

Serves: 6