

# Butternut Squash, Chili & Mint Soup

by Coupar Angus Food Focus Café  35 mins  Serves 4

#SoupOnSaturday



Refreshing and light; butternut squash, chili and mint come together to make a lovely soup for a Saturday lunch.

## Ingredients

- 1 Onion (peeled & chopped)
- 1 Clove of Garlic (peeled & chopped)
- 1 Green Apple (peeled, cored & chopped)
- 1 Butternut Squash (peeled, seeds removed & chopped)
- ¼ Tsp Chilli Powder (more if you like it hot)
- 1 Tsp Paprika
- 1 Litre Hot Water
- Fresh/Dried Mint Leaves (chopped)
- 3 Tbsp Sunflower Oil

## Method

1. Heat the oil in a large pan, frying the onion and garlic until transparent.
2. Add the paprika and chili, and cook for a further 2 minutes.
3. Add the butternut squash, apple and stock, and cook for 20 minutes.
4. Liquidise (partially if preferred) and add dried mint or chopped fresh mint.
5. Serve and enjoy.