

# Roasted Vegetable Soup

## Ingredients

- 1 small butternut squash
- 1 medium onion
- 2 medium carrots
- 1 medium leek
- 1 medium parsnip
- 1 tablespoon of vegetable oil
- 1 teaspoon of mixed herbs
- 1 chicken or vegetable stock cube

## Method

- Pre-heat the oven to 200c / gas mark 6
- Cut the squash in half and remove the seeds
- Rinse the squash, carrots and parsnip then cut into 1cm cubes (no need to peel)
- Peel the onion and cut into 1cm slices
- Clean the leek and cut into 1cm rings
- Place all the prepared vegetables into an oven proof roasting pan and drizzle with oil and mixed herbs
- Roast in the oven for 15 minutes
- Meanwhile, prepare the stock using 500ml of kettle boiled water
- Pour the stock into a large saucepan
- When the vegetables are ready spoon them into the stock
- Cook with the saucepan lid on, on a low to medium heat for about 20 minutes
- Using a blender, blend the soup until you have the texture you desire (you could use a masher instead)

## Equipment

- Chopping board
- Sharp knife
- Oven proof roasting pan
- Measuring spoons
- Measuring jug
- Saucepan
- Saucepan lid
- Cooking spoon
- Blender (or masher)

## Note

Before cooking you should always:

- Tie back long hair
- Put on an apron
- Wash your hands
- Have all your ingredients to hand
- Get out ALL the equipment you'll require

