



Slow Cooker Spicy Squash Soup

Serves 6

Ingredients:

- 1 large butternut squash, peeled and cut into large cubes
- 1 large carrot, peeled and chopped
- 2tsp vegetable oil
- 1 large onion, thinly sliced
- 1 garlic clove, crushed
- 1tsp ginger, peeled and finely chopped
- ½ tsp ground cumin
- ½ tsp ground coriander
- ½ tsp garam masala
- 900ml vegetable stock
- salt and freshly ground black pepper
- crème fraiche
- chopped chives

Method:

1. Place squash cubes and chopped carrots in the slow cooker
2. Heat oil in a large saucepan, add the onion, garlic, ginger and spices, stir well
3. Cover and cook for about 10 minutes, over medium heat, stirring occasionally so the spices do not burn
4. Add the stock and bring to the boil for a few minutes
5. Transfer to the slow cooker, season to taste and cook on low for 6-8 hours or on high for 3-4 hours
6. Blend and serve with crème fraiche and some chopped chives

