


Allergens*:

No allergens but check the stock cubes, as they can contain gluten, milk and celery

Vegan 

Chickpea and Butternut Squash Soup



Serves 4

Recipe
total cost
£1.98

See
ingredients
and cooking
method
overleaf...



Equipment

- Large saucepan
- Sharp knife
- Chopping board
- Frying pan
- blender
- Wooden spatula

* Ingredients and allergens may vary from different food shops and any Quorn products can contain egg, gluten, and milk, so to always check the label

Chickpea and Butternut Squash Soup



Ingredients:

- 1 small butternut squash
- 400g tin chickpeas (or any other bean)
- 1 vegetable stock cube
- 1 onion
- 1 bell pepper (red, yellow or green)
- 3 tablespoons tomato puree
- 2 garlic cloves
- 1 teaspoon paprika
- 1 teaspoon turmeric
- 1 teaspoon mixed herbs
- 1 litre of water
- Salt, pepper, and chilli flakes to taste
- 1 teaspoon vegetable oil



Method:

1. Drain the chickpeas in a sieve and rinse with cold water.
2. Cut the skin off the butternut squash and cut into 1cm cubes.
3. Roughly chop all other vegetables.
4. Fry onions in oil until softened (3 minutes)
5. Slice the garlic into small pieces, then add garlic and pepper to the pan. Cook for a further 5 minutes
6. Add tomato puree and spices and fry for 2 minutes
7. Add all ingredients to a large pan, bring to the boil then turn down the heat and let the soup simmer until piping hot
8. Blend with a hand blender, a standing blender, or leave chunky if you like!
9. Serve on its own or with a slice of wholemeal bread!