

Butternut Squash Soup with Pesto Swirl

5 cups chopped butternut squash
1tbsp butter
1 large onion, chopped
1 small sweet red pepper, chopped
4 cups chicken stock
1 cup whipping cream
½ tsp nutmeg
Pinch each ground cumin, ginger, salt, white pepper

Pesto Swirl:

½ cup finely chopped parsley
½ cup basil
1 large clove garlic, minced
¼ cup olive oil

Bring to boil 4 cup water, add squash, cook covered for 10 minutes, drain;
Melt butter, cook onion together with red pepper – stirring 3-5 minutes until softened;
Stir in squash, chicken stock, bring to boil;
Simmer for 20 minutes;
Puree in food processor

(If you want, freeze at this point)

Stir in cream (substitute homo milk) – add spices (nutmeg, cumin, ginger, salt, pepper)

Cook for 5 minutes.....

Ready to serve -

Decorate with pesto swirl