

BUTTERNUT SQUASH AND SMOKED BACON SOUP

Serves: 4

Prep time: 20minutes

Cook time: 30minutes

Ingredients

1 medium butternut squash
1 large onion, finely chopped
2 garlic cloves, sliced
200g smoked streaky bacon, chopped
2tbsp extra virgin olive oil
1 red chili, de-seeded and chopped
1ltr hot chicken or vegetable stock
1tbsp fresh thyme
4tbsp Greek yoghurt

Method

1. Peel the butternut squash, slice in half, remove the seeds and chop the butternut into small chunks.
2. Heat 1tbsp of olive oil in a large pan, add the bacon and cook for 5 minutes until lightly crisp. Then remove from the pan and leave to one side.
3. In the same pan, add the last tbsp of olive oil and fry the onion over a low heat for 4-5 minutes until soft. Then add the garlic, chili, thyme and butternut squash and cook further for 2-3 minutes.
4. Pour in the hot stock and simmer for about 15-20 minutes until the butternut squash is soft.
5. Blend the soup until smooth, return to the pan and add $\frac{3}{4}$'s of the bacon bits.
6. Season with salt and pepper.
7. Serve with a dollop of Greek yoghurt, the remaining bacon bits and crusty bread.

For something different or for Halloween, why not swap the butternut with pumpkin.

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