

BUTTERNUT SOUP

Ingredients:

1 large or 2 medium butternuts, peeled, seeded & cubed

2 large sweet potatoes, peeled & cubed

2 large potatoes, peeled & cubed

1 onion, chopped.

1 liter chicken broth

Butter, olive oil

Himalayan salt

250ml cream or 2 round feta cheese

Method:

Melt some butter and olive oil in a large pot. Brown the onion in the butter, add vegetables.

Add 1 litre chicken broth, 1 tablespoon cumin(optional) and 1 teaspoon salt.

Cook until soft, then blend with stick blender. Add either 250ml cream or 2 round crumbled feta cheese and blend.