

Roasted Butternut Squash & Roasted Red Pepper Soup

Why this is a brilliant “naturopathic” soup (benefits)

- Immune & skin support: Butternut squash and red peppers are rich in beta-carotene (vitamin A precursor) and vitamin C (especially peppers) which support immunity and skin integrity.
 - Gut-friendly & satisfying: The fibre helps feed beneficial gut bacteria and keeps you full (great for steady energy and fewer cravings).
 - Anti-inflammatory & calming: Roasting brings natural sweetness (comforting, less need for sugar). Add ginger/turmeric for extra anti-inflammatory support.
 - Blood sugar balance: A bowl of this is a gentle carb—pairing with protein (like lentils, chicken, or Greek yoghurt swirl) can make it even more stabilising.
 - Hydration & minerals: Soups support hydration and electrolyte balance, especially in colder months.
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Ingredients (serves 4)

For roasting

- 1 medium butternut squash (about 1–1.2kg), peeled, deseeded, cubed
- 2 large red peppers, halved and deseeded
- 1 onion, quartered
- 4 cloves garlic (leave skins on)
- 1–2 tbsp extra virgin olive oil
- Sea salt & black pepper

For the soup

- 750ml–1 litre vegetable stock (start with 750ml, add more to thin)
- 1 tsp smoked paprika (optional but amazing)
- 1/2 tsp ground cumin (optional)
- Optional: 1–2 tsp fresh grated ginger or 1/2 tsp dried
- Optional: pinch chilli flakes
- 1 tbsp lemon juice or apple cider vinegar (to brighten)

Optional “naturopathic boosters”

- 1/2 cup red lentils (adds protein & thickness)
- 1 tbsp tahini (creaminess & minerals)
- 1/2 tsp turmeric & pinch black pepper
- A handful of fresh basil or coriander

To serve

- Pumpkin seeds/hemp seeds
 - A swirl of Greek yoghurt or coconut yoghurt (if you tolerate dairy)
 - Extra drizzle olive oil
 - Sourdough on the side
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Method

1) Roast the veg (flavour & easier digestion)

1. Preheat oven to 200°C (180°C fan).
2. Put butternut squash, onion, & whole garlic cloves (skin on) on a large tray.
3. Place red peppers cut-side down on the tray (or a second tray).
4. Drizzle with olive oil, season with salt & pepper.
5. Roast 30–40 minutes, turning the squash once, until soft & caramelised.
 - Peppers should have blistered skin (usually 25–30 mins). If needed, remove peppers early.

2) Steam & peel peppers

1. Put roasted peppers into a bowl & cover (plate or cling film) for 10 minutes.
2. Peel off skins (they should slide off easily). Discard skins.

3) Blend into soup

1. Squeeze roasted garlic out of skins into a large pot.
2. Add roasted squash, onion, peeled peppers, stock (start with 750ml), & spices.
3. Blend until smooth (stick blender or jug blender).
4. Warm gently on the hob for 5–10 minutes. Add more stock to thin as you like.

4) Balance the flavour

Stir in lemon juice or apple cider vinegar (this lifts sweetness & makes it taste “finished”). Adjust salt/pepper.

Optional protein upgrade (recommended if this is a main meal)

- Red lentils: Add 1/2 cup red lentils to the pot with stock & simmer 12–15 mins before blending.
- Chicken: Stir in shredded cooked chicken at the end.
- Greek yoghurt & seeds: Serve with a yoghurt swirl & pumpkin/hemp seeds.