



Sheffield & Rotherham

Autumn Seasonal Soup

Vegetable soups are perfect for making the most of what is in season.

At this time of year there's nothing better than hearty, warming soups made with a variety of delicious autumn vegetables.

In this soup the base of onion and carrots is enhanced with chunks of butternut squash and pieces of kale in a broth infused with herbs and spices.



Ingredients - serves 6

- 2 tbs. olive oil
- 3 medium carrots, diced
- 1 large onion, diced
- 6 medium cloves garlic, crushed
- Half a medium butternut squash, peeled and diced
- 1/4 tsp. ground allspice
- Pinch cayenne pepper; more to taste
- salt
- vegetable stock cube added to a pint of water
- can of tinned tomatoes
- 4 sprigs fresh thyme
- 300 grams chopped kale
- 1 can chickpeas

Method

1. Heat the oil in a large soup pot over medium-high heat. Add the carrots and onion and cook, stirring occasionally, until they begin to soften.
2. Add the garlic and cook for 1 minute more.
3. Add the squash, allspice, cayenne, and 1 tsp. salt and stir to combine.
4. Add the broth, tomatoes with their juice, and thyme.
5. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 minutes.
6. Add the kale and the chickpeas and cook uncovered until the squash is tender and the kale has wilted, about 10 minutes more.
7. Discard the thyme springs before serving.
8. Season to taste with salt and cayenne pepper.

Seasonal Eating – Autumn – September to November

Here is a list of fruits and vegetables which are in season in autumn in the UK.

- apple
- blackberry
- butternut squash
- Brussels sprouts
- cabbage (savoy and spring green)
- carrot
- cauliflower
- celery
- kale
- leek
- onion
- parsnip
- pear
- potato
- pumpkin
- purple sprouting broccoli
- spinach