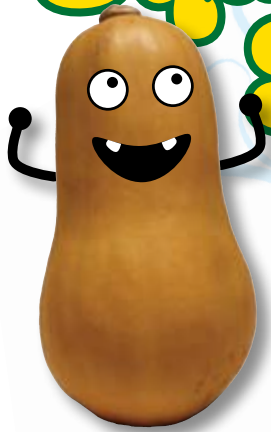


Squashed Squash!



Butternut squash is really tasty and it contains vitamin A which is good for your eyesight. Why not try it out? Ask an adult to make this soup with you. Don't forget to wash your hands first.



Ingredients (serves 6)

- 1 butternut squash
- 2 tablespoons olive oil
- 1 tablespoon dried oregano
- 1 onion, chopped
- 1 pint low-salt vegetable stock
- Pepper (for seasoning)

Preheat the oven to 200°C

Equipment

- Chopping board
- Large chopping knife
- Tablespoon
- Oven tray
- Measuring jug
- Saucepan with lid
- Hand blender

For the cups

- White plastic cups
- Paint
- Non-toxic glue
- Collage materials

Decorate some cups to serve your soup in. Use paint, tissue paper, confetti, stickers, paper – whatever you have! Remember that people will drink from them though, so make sure



you leave a space 2cm below the rim and don't paint or glue here. You'll need to decorate your cups before you make the soup so that they have time to dry.

1



Ask an adult to cut the butternut squash in half and scoop out the seeds. Then put the halves on an oven tray. Drizzle the oregano and olive oil over them. The adult needs to put the tray in the oven for 40 minutes, or until the squash is soft. When it is ready, they can take it out and let it cool a little.

2



Now ask an adult to cook the chopped onion in a pan until it becomes translucent. Then scoop out the soft squash and put it into the pan with the onion. Make sure you leave the skin behind. Add the stock and stir it together.

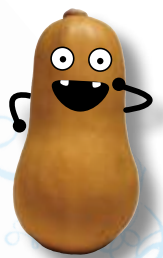


3



Ask the adult to help you **squash the squash** with a hand blender. Then let the soup simmer on a medium heat for 10 minutes. Ask the adult to take it off the heat and let it cool enough to drink.

4



Serve the soup in your special cups!