

PEOPLE'S KITCHEN

Moroccan butternut squash and chick pea soup



Ingredients:

- 1 x medium/large squash
- 1 x large onion finely chopped
- 1 x tablespoon oil
- 1 x large clove garlic – crushed
- 1 x teaspoon fresh grated ginger
- 1 x heaped teaspoon harissa paste
- 1 x heaped teaspoon paprika
- 1 x heaped teaspoon ground cumin
- 1 x heaped teaspoon cinnamon
- 1 x heaped teaspoon turmeric
- Pinch sugar
- Salt and pepper
- 2 x 400gms chopped tomatoes or passata or tomato soup or any combination of these
- 1 x 400gms drained chick peas

Method

1. Half and de-seed the squash. Oven roast for approx 1 hour in a medium oven until soft. When cool peel off the skin and roughly chop
2. large pan – fry onion in oil for 2 minutes; then add all spices, garlic, ginger and harissa paste; fry for a further minute
3. add sugar, squash, tomatoes and season
4. bring to the boil and add chick peas, simmer for 10 minutes

5. This is a chunky soup, thin it down with water or keep it chunky and serve as a vegetarian stew with rice or cous cous
6. Enjoy with crusty bread & butter!



People First Tameside
Suite 3, St Michael's Court,
St Michael's Square, Stamford Street,
Ashton - under-Lyne OL6 6XN
Tel: 0161 308 3699
Email: speakup@pftameside.org
Charity No: 1087319