

# Butternut squash, chickpea and spinach soup!



This soup is the ultimate comfort food!

## **Ingredients**

### **For Butternut Squash**

1 butternut squash, cut into 1 inch pieces  
1 tsp sunflower oil  
 $\frac{1}{2}$  tsp salt

### **For the Soup**

1 tbsp sunflower oil  
2 medium sized onions, finely chopped  
1 tsp salt  
1 tsp ground cinnamon  
1 tsp chilli powder  
1 tsp ground cumin  
400g chopped tomatoes  
400g chickpeas  
400 ml boiling water  
100g spinach leaves, roughly chopped  
 $\frac{1}{2}$  tsp sugar

## **Method**

- Preheat the oven to 200°C / 180°C with a fan.
- Add the butternut squash to a baking tray, drizzle with oil, and add  $\frac{1}{2}$  tsp salt. Put it in the oven and roast for 45 minutes.
- Add the oil to a large hot pan. Add the onions and cook for 5-8 minutes until starting to colour.
- Add the salt, ground cinnamon, chilli powder, and ground cumin. Stir through.
- Add the chopped tomatoes, chickpeas, and 400ml boiling water. Cover and cook for 35-40 minutes on low heat.
- Add the spinach, butternut squash, and sugar. Stir through and cook until the spinach has wilted.

Serve with some toasted and buttered sourdough!

