

GLUTEN FREE AND VEGAN RECIPE FOR BUTTERNUT SQUASH CHOWDER

Preparation time 10 minutes.

Cooking time 15 minutes.

Serves 4 - 5.

INGREDIENTS

1 large butternut squash
2 red onions
4 cloves of garlic
1 tin of coconut milk
2 cups of frozen sweetcorn
4 tblsp of olive oil
100 – 200 ml water
2 tsp Marigold Vegan Bouillon.

PREPARATION

1. Peel then chop the squash into small cubes. Thinly slice the onion.
2. Fry together with the olive oil then cover and reduce heat. Allow to soften for 8 minutes then stir in the crushed garlic. Cook for a few seconds.
3. Transfer to liquidizer with half the sweetcorn and whizz until blended.
4. Pour back into pan with remaining sweetcorn, coconut milk, water and bouillon and gently heat to serving temperature.
5. Serve in wide bowls with freshly baked bread or croutons.

N.B. Gluten free cooking requires care in selecting the ingredients, particularly processed and/or packaged foods. Check the ingredients list carefully, and use reputable brands. If in doubt, ask us about brands that we trust.

We recommend the gluten-free, organic breads by Artisan. Choose from rice, buckwheat or quinoa.

This Gluten Free recipe brought to you by www.earthnaturalfoods.co.uk, suppliers of high quality gluten free and wheat free foods in London.

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