

Butter Nut & Amber Cup Squash Soup with Soya Milk

The soya milk makes this a [low-fat dish](#). Try it, you'll like it!

Ingredients for Cup Squash Soup with Soya Milk:

- 2 cups of diced Butternut Squash
- 2 cups diced Amber Cup squash
- 1 cup carrots
- 2 cups chopped onions
- 1 [red pepper](#), roughly chopped.
- 2 cloves garlic
- 3 bays leaves
- $\frac{1}{2}$ tsp cinnamon
- 7 cups chicken stock
- 1 cup white wine
- 1 cup Soya Milk
- Season with Salt and pepper

Instructions for Cup Squash Soup with Soya Milk:

(Note I use a pressure cooker, if using a stock pot add 1 more hour for cooking)

1. Add all ingredients except cheese and salt and pepper to a pressure cooker. Seal the lid and place over med/high heat, bring up to heat or when the safety valve clicks up and then reduce heat to low and continue to cook for 25 minutes.
2. Remove from heat and let cool for 5 minutes to release steam, then remove lid when safety valve has gone down.
3. Purée soup and add Soya Milk and season with salt and pepper.