



Winter Squash Soup

SERVINGS: 8

PREPPING TIME: 10 MINS

COOKING TIME: 30 MINS

INGREDIENTS

- 1 tbsp. olive oil
- 2 onions finely chopped
- 2 garlic cloves, crushed
- 1 tsp. turmeric
- 1 tsp. salt
- 1/4 tsp. black pepper
- 2 lbs. butternut squash, precut (or cut at home)
- 1.5 cup red lentils, dry
- 32 oz. low-sodium vegetable stock
- 1 15-oz. can of light coconut milk
- 1 small bunch coriander, finely chopped
- 4 tbsp. raw pumpkin seeds

DIRECTIONS

1. Heat oil in a large pot over medium-high heat.
2. Sauté the onions with 1 teaspoon of salt for 5 minutes, or until softened.
3. Add the garlic and cook for 1 minute.
4. Stir in the butternut squash and sauté until lightly browned. Mix in 1 teaspoon of turmeric and 1/4 teaspoon of black pepper.
5. Add the dry lentils then pour in the vegetable stock and coconut milk. Stir to combine.
6. Bring the mixture to a boil, reduce the heat to a simmer, cover, and cook for 20 minutes, or until the butternut squash is tender.
7. While the soup cooks, toast the pumpkin seeds in a dry pan over low heat until they start to pop, about 1-2 minutes. Remove from heat and set aside.
8. Use a handheld blender to puree the soup until smooth. Adjust seasoning to taste.
9. Serve the soup in bowls, garnish with toasted pumpkin seeds, and sprinkle with coriander.

NUTRITION

Serving size: 2 cups
(per serving) 263.2 calories, 7.6g fat, 3g saturated fat, 0mg cholesterol, 327mg sodium, 40.4g carbohydrate, 8.7g fiber, 5.3g sugar, 11.5g protein