



Butternut Squash Lentil Soup

Ingredients

- 1 Tbsp of olive oil (canola oil or vegetable oil)
- 3 cloves of garlic, minced
- 1 Tbsp grated fresh ginger
- 1 yellow onion, diced
- 2 large carrots, diced
- 6-8 cups butternut squash (about 2-3 lb squash), diced
- 1 Tbsp curry powder
- 1 tsp turmeric
- 400 mL can of light coconut milk
- 3 cups of low sodium vegetarian broth (add more if too thick)
- 1 ½ cups of dry red lentils, rinse in colander
- Salt and pepper to taste
- 2 Tbsp of natural peanut butter (optional)

Equipment:

- Colander
- Knife
- Vegetable peeler
- Cutting board – 3
- Blender (optional)
- Potato masher (optional)
- Measuring cups (dry)
- Measuring spoons
- Large frying pan
- Large pot
- Mixing spoons -2

Directions

1. Add oil to a large pot and place over medium high heat.
2. Add garlic, ginger and onion and sauté for 3-5 minutes until onion begin to soften.
3. Add carrot and butternut squash; sauté for a few more minutes.
4. Add yellow curry powder and turmeric. Allow spices to cook together for 30 seconds.
5. Immediately stir in coconut milk, vegetable broth, lentils and peanut butter (if using).
6. Season with salt and pepper.
7. Bring soup to a boil, then cover, reduce heat to low and allow soup to simmer for 20 minutes until lentils soften.
8. Take pot off stove and cool soup for 20 minutes. Transfer the soup to a blender OR use an immersion blender OR use a potato masher OR leave it the way it is!

