

Red Lentil and Butternut Squash Soup

Yield: 9 Cups



Ingredients:

• Olive oil	3 Tbsp	(45 mL)
• Onion, diced	1 medium	
• Fresh ginger, minced	1 Tbsp.	(15 mL)
• Garlic, minced	2-3 cloves	
• Cumin	1 Tbsp.	(15 mL)
• Red lentils, rinsed and drained	1 cup	(250 mL)
• Butternut squash, frozen chunks	5 cups	(1.25 L)
• Coconut milk, canned	1 can	(400 mL)
• Vegetable broth, no salt added	1 carton	(900 mL)
• Cream, 35% MF	¼ cup	(60 mL)
• Whole or skim milk powder	1 cup	(250 mL)
• Salt	1 tsp	(5 mL)
• Black pepper	to taste	
• Cayenne (optional)	¼ tsp	(1.25 mL)
• Lime, zest and juice	1 small	

Instructions:

1. Heat a large pot over medium-high heat.
2. Add the oil and heat until simmering.
3. Add the onion, and sauté until softened, translucent, and fragrant.
4. Add the ginger, garlic, and cumin. Sauté 1-2 minutes, ensuring the cumin is toasted but doesn't burn.
5. Add the lentils, butternut squash, coconut milk, and broth. Stir to combine, then cover and bring to a boil.
6. Reduce the heat to low and simmer, uncovered, for 10-15 minutes until the lentils are soft.
7. Turn off the stove and remove the pot from the heat.
8. Add the cream, and milk powder.
9. Blend until soup is a smooth, even consistency.
10. Stir in salt, pepper, cayenne, and lime juice. Serve warm, garnish with lime zest.

Equipment List:

- Cutting board
- Knife
- Fork
- Large pot with lid
- Heat proof spoon
- Set of measuring cups
- Set of measuring spoons
- Liquid measuring cup
- Immersion blender
- Microplane or zester
- Juicer
- Garlic press (optional)
- Colander, strainer or sieve
- Spatula
- Can opener
- Bowl for serving and a spoon

Nutrition Facts

Per 1 cup

Calories 320	% Daily Value*
Fat 20 g	26 %
Saturated 13 g	65 %
+Trans 0 g	
Carbohydrate 29 g	
Fibre 4 g	14 %
Sugars 10 g	20 %
Protein 9 g	
Cholesterol 20 mg	
Sodium 380 mg	17 %
Potassium 741 mg	15 %
Calcium 197 mg	15 %
Iron 3 mg	15 %

*5% or less is **a little**, 15% or more is **a lot**

Recipe Source: Adapted from <https://www.irishtimes.com/life-and-style/food-and-drink/high-calorie-high-protein-soup-making-the-most-of-everybite-1.3465518>

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