

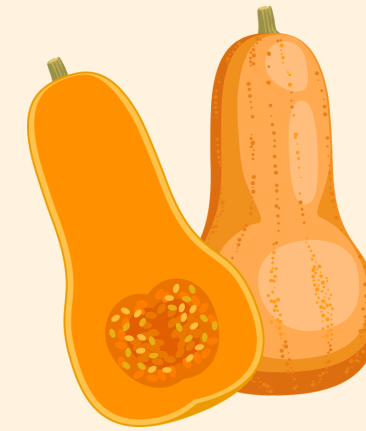
CREAMY SQUASH & LENTIL SOUP



Olive Oil
1 tablespoon



Yellow or White or
Red Onion
1 onion



Squash (Butternut
or Acorn)
4 cups ~1 squash



Lentils
1 cup (dry)



Plain Greek Yogurt
 $\frac{3}{4}$ cup



Low-sodium Broth
4 cups ~1L



Spices
2 teaspoons: Garlic, Cumin, Paprika
 $\frac{1}{2}$ teaspoon: Coriander, Turmeric
Salt & pepper (to taste)

1 In a large pot, heat olive oil on medium heat. Add onion and cook until soft, about 3 minutes. Add in cubed squash and spices. Stir well and let cook for 1-2 minutes.

2 Add lentils and vegetable broth to pot. Stir and bring the mixture to a boil. Once boiling, reduce heat to low and let simmer for 30 minutes, or until the squash and lentils are soft.

3 Add hot soup to a blender or use an immersion blender to purée until smooth.

4 Add Greek yogurt to soup mixture and blend again until it is incorporated. Serve warm with an optional garnish of Greek yogurt, roasted chickpeas or roasted seeds.

Preparation Time: 15 minutes

Total Cook Time: 45 minutes

Servings: 4

Nutrition Information per serving:

Calories: 250 kcal

Protein: 14 g

Carbohydrates: 28 g

Fibre: 10 g

Total Fat: 4 g

Saturated Fat: 0.5 g

Sodium: 167 mg

Potassium: 932 mg

Calcium: 173 mg

Iron: 3 g

Storage Information:

Store in an air-tight container in the fridge for 3-4 days or freeze for up to 3 months.