

Coconut Curry Butternut Squash Soup

This delicious recipe is a fun twist on butternut squash soup. The red lentils add protein and fiber that makes this a healthy option to pair with a seasonal salad for a complete meal.

YIELD 10 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 60 MIN
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INGREDIENTS

1 tsp	Olive Oil
1 each	Onion, diced
2 each	Carrots, diced
4 stalks	Celery, diced
1 each	Apple, diced
3 cloves	Garlic, minced
½ tsp	Kosher Salt
½ tsp	Black Pepper, ground
2 tsp	Curry Powder
½ tsp	Nutmeg, ground
2 lbs	Butternut Squash, peeled & diced (about 8 cups)
5 cups	Vegetable Stock, low-sodium or homemade or Water
½ cup	Red Lentils
1 cup	Coconut Milk

DIRECTIONS

1. Gather all necessary equipment and ingredients
2. Heat a saucepan over medium heat, then add the olive oil.
3. Once the oil is hot, sauté the onions, carrots, celery, apples, and garlic. Cook until the onions are translucent, and the carrots begin to soften, about 5-7 minutes, stirring occasionally.
4. Add the salt, pepper, curry powder, and nutmeg and stir until well mixed and fragrant.
5. Add the butternut squash, vegetable stock or water, and lentils. Mix the ingredients together so they are fully submerged.
6. Cover and bring the soup to a boil. Once the soup is boiling, remove the lid and reduce to medium heat. Let the soup cook for 15-20 minutes or until squash and carrots are soft and can be easily pierced with a fork. Stir occasionally.
7. Once the soup is done cooking, let cool for about 10 minutes and then transfer mixture, in two batches, to a blender and blend until smooth or you reach your desired consistency.
8. Once all the soup is blended, mix in the coconut milk, and serve warm.

CHEF'S NOTES

To save time, try using frozen butternut squash! This soup can be topped with pumpkin seeds to add some extra fiber and crunch into your day. You can add more water or stock to thin out the soup to your desired thickness. Seasonings can be adjusted to match your taste preference. This soup is a great source of Vitamin A, which helps promote healthy vision, bone growth, as well as supports the immune system!

Nutrition Facts

10 servings per container

Serving Size 1 cup (227 g)

Amount per serving

Calories 130

% Daily Value *

Total Fat 2.5g 3%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 220mg 9%

Total Carbohydrate 25g 9%

Dietary Fiber 4g 16%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 4g 8%

Vitamin D 0mcg 0%

Calcium 70mg 5%

Iron 2mg 9%

Potassium 600mg 12%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

