

Butternut Squash & Lentil Soup

Ingredients:

- 2 cups uncooked lentils
- 3/4 teaspoon salt
- 1 tablespoons curry powder, (or cumin)
- 1/4 teaspoon cinnamon
- 1/2 teaspoon pepper
- 2 tablespoons unsalted butter
- 1 onion
- 4 cloves garlic
- 1 tablespoon freshly grated ginger
- 1 butternut squash (about 1 1/2 pounds)
- 4 cups low-sodium broth
- 2 cups water, as needed

Equipment:

- Large soup pot
- Knife and cutting board
- Mixing bowl
- Fine mesh strainer
- Wooden spoon
- Grater
- Measuring cups and spoons

Number of Servings: 8
 Prep Time: 20 minutes
 Total time: 1 hour

Directions

1. Boil about 4 cups of water. Rinse lentils in strainer and place in a bowl. Pour boiling water over them and let sit for 15 minutes.
2. Combine salt, curry powder or cumin, cinnamon and pepper; set aside.
3. Cut onion in half and peel off brown layers. Chop into 1/2 inch pieces or smaller. Peel garlic and mince. Peel ginger and grate.
4. Heat butter in a large pot over medium heat. Add spice mixture; stir until fragrant, about 1 minute.
5. Add onion, garlic, and ginger; cook until onion turns clear, about 4 minutes.
6. Peel butternut squash, cut in half lengthwise and remove seeds. Cut into 1/2 inch pieces. Add to pot and continue to cook until it begins to soften; about 5 minutes.
7. Add broth and bring to a boil; reduce to a simmer. Drain lentils in strainer and add. Cook until squash is tender and lentils are soft, about 20 to 30 minutes. Add additional water to get to a desired consistency. Adjust salt by about 1/8 teaspoon for each cup water added.

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Nutrition Facts

Serving Size: 1 cup			
Servings: 10			
Amount Per Serving			
Calories 174	Calories from Fat 27		
		%Daily Value*	
Total Fat 3g			5%
Saturated Fat 1g			7%
Cholesterol 6mg			2%
Sodium 355mg			15%
Potassium 535mg			15%
Total Carbohydrate 29g			10%
Dietary Fiber 12g			46%
Protein 10g			21%
Vitamin A 91%	Vitamin C 25%		
Iron 20%	Calcium 5%		

*Percent Daily Values are based on a 2,000 calorie diet.

TIP: After rinsing the squash, peel with a potato peeler. Also, you can store fresh ginger in the freezer and grate it as needed without defrosting or peeling. It keeps a long time!



The U.S. Department of Agriculture (USDA) is an equal opportunity provider and employer. This material is partially funded by USDA's Supplemental Nutrition Assistance Program – SNAP. The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact your county or city Department of Social Services or to locate your county office call toll-free: 1-800-552-3431 (M-F 8:15-5:00, except holidays). By calling your local DSS office, you can get other useful information about services. This material was partially funded by the Expanded Food Nutrition Education Program, USDA, NIFA.