

Butternut Squash and Lentil Soup

Ingredients

- 4-6 cups peeled and cubed butternut squash
- 4 cloves garlic, peeled and chopped
- 3 tbsp coconut oil
- 1 medium onion, chopped
- ½ cup red lentils
- 2 tsp mustard seeds
- 1 tsp ground cumin seeds
- 2 tsp ground coriander seeds
- 1 tsp turmeric
- ¼ hot chili pepper or to taste (optional)
- 1 tsp sea salt
- 4 cups vegetable stock
- 1 cup coconut milk



Directions

- Heat coconut oil and mustard seeds, sauté until they start to pop. Add onions and spices and sauté for a minute.
- Add the stock and butternut squash and bring to a boil and reduce heat. Simmer for 15-20 minutes. You can also roast your squash and add to the stock.
- Add washed lentils and simmer for 10-15 minutes until lentils are tender but not overcooked.
- Add sea salt and coconut milk.
- Mash with hand held blender.
- Serve with chopped cilantro sprinkled on top or pumpkin seeds.

