

Red Lentil and Pumpkin Soup

INGREDIENTS

6 SERVINGS 40 MIN

- 1 yellow onion, chopped
- 2 cloves garlic, minced
- 1 tsp. grated ginger
- 1 Tbsp. olive oil
- 1 Tbsp. curry powder
- 1 15 oz. can pumpkin puree
- 1 cup dry red lentils
- 6 cups vegetable broth
- 1/2 tsp. salt



Adapted from: budgetbytes.com



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PROCEDURE

1. Dice the onion, mince the garlic, and grate the ginger. Add the onion, garlic, and ginger to a large pot with the olive oil and sauté over medium heat until the onions are soft (~5 minutes).
2. Add the curry powder and continue to sauté for about a minute more.
3. Next, add the pumpkin puree, lentils, and vegetable broth. Stir to combine.
4. Place the lid on the pot and bring the soup up to a boil over medium-high heat. Once boiling, turn the heat down to medium-low. Simmer the soup, stirring occasionally, for 20 minutes.
5. Finally, taste the soup and add salt to taste (about 1/2 tsp). Serve hot with whole-grain bread (optional) for dipping!

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