



Butternut Squash & Red Lentil Soup with Toasted Pepitas

Ingredients:

- 3 Tablespoons Olive Oil
- 3 Cups White Onions, rough chopped
- 6 Cups Butternut Squash, peeled and diced
- 2 teaspoons Ginger, minced
- 1 1/2 Cups Red Lentils
- 8 Cups Low Sodium Vegetable Broth
- 4 Cups Water
- 1 teaspoon Sea Salt
- 1 teaspoon Pepper
- 8 Tablespoons Pumpkin Seeds (Pepitas)
- 2 teaspoons Cinnamon
- Chopped Parsley to taste

Directions:

In a large soup pot, sauté Onions with Olive Oil over medium heat until translucent, 3-4 minutes.

Add Butternut Squash and Ginger and continue to cook, stirring often, for additional 3 minutes.

Add the Lentils, Broth, and Water to the pot. Bring to a boil and then reduce heat, cover and simmer for 20 minutes.

Season with Sea Salt and Pepper.

Use Immersion Blender to puree the soup until smooth. For a thicker consistency, allow soup to cook over a low boil for a few additional minutes, stirring occasionally while reducing.

Ladle soup into bowls and sprinkle with toasted pumpkin seeds, cinnamon, and chopped parsley as your healthy garnish!

Enjoy! Yum!