

Lentil and Squash Soup

Ingredients:

- 3/4 teaspoons salt
- 1 tablespoon cumin powder
- 1/4 teaspoon cinnamon
- 1/2 teaspoon pepper
- 12 ounces lentils
- 2 tablespoons unsalted butter
- 1 onion, cut into 1/2-inch dice
- 4 cloves garlic, minced
- 1 tablespoon freshly grated ginger
- 1 butternut squash (about 1 1/2 pounds), peeled, seeded, and cut in 1/2-inch pieces
- 2 14 1/2-ounce cans low-sodium canned or homemade chicken or vegetable broth
- 2 cups water

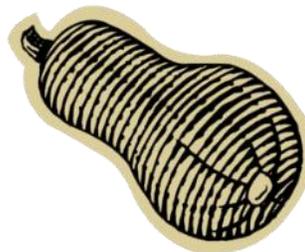
Directions

1. Combine salt, cumin powder, cinnamon and pepper; set aside.
2. Rinse lentils in a fine mesh strainer; set aside.
3. Heat butter in a large pot over medium heat. Add spice mixture; stir until fragrant, about 1 minute.
4. Add onion, garlic, and ginger; cook until onion turns clear, about 4 minutes.
5. Add squash; cook until just beginning to soften, about 5 minutes. Add broth and water.
6. Bring to a boil; reduce to a simmer. Cook until squash is tender, about 10 minutes. Stir in lentils; cook until soft, 10 to 15 minutes. Serve hot .

Equipment:

- Cutting board
- Knife
- Large pot
- Mixing bowl
- Fine mesh strainer
- Wooden spoon
- Measuring spoons
- Measuring cups

Number of Servings: 8
 Prep Time: 30 minutes
 Total time: 50 minutes



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Nutrition Facts

Serving Size: 1 cup	
Servings: 8	
Amount Per Serving	
Calories 301	Calories from Fat 30
%Daily Value*	
Total Fat 4g	6%
Saturated Fat 2g	10%
Cholesterol 8mg	3%
Sodium 450mg	19%
Potassium 1254mg	36%
Total Carbohydrate 53g	18%
Dietary Fiber 17g	68%
Protein 20g	39%
Vitamin A 169%	Vitamin C 81%
Iron 36%	Calcium 15%

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

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