



## Squash and Lentil Soup

*Yield: 4 Servings*

### Ingredients:

- 1 Tbsp olive oil
- 1 medium onion, finely chopped
- 2 cloves garlic, minced
- 2 tsp ground cumin
- 1 tsp cinnamon
- 1 ½ tsp turmeric
- ¼ tsp crushed red pepper (omit if adverse to spice)
- 1 tsp ground pepper
- 1 x 14 oz can crushed tomatoes
- 2 cups unsalted vegetable stock
- 1 x 14 oz can chickpeas, rinsed & drained
- 1 ½ cups butternut squash, peeled and medium dice or sweet potato
- ¾ cups uncooked green lentils, well rinsed
- ½ lemon juiced
- TT salt

### Directions:

1. Heat olive oil in a medium sized pot over medium heat. Add the onions and sauté (sweat) until clear.
2. Add the garlic, cumin, cinnamon, turmeric, crushed red pepper, ground pepper, and sauté until fragrant, about 1 minute (careful not to burn).
3. Add tomatoes, vegetable stock, chickpeas, squash and green lentils. Turn heat up to medium high and bring to a boil. Once boiling, reduce the heat down to a simmer and allow to cook until the lentils are cooked through and the butternut squash has softened, about 35 minutes.
4. Season with lemon juice and salt to taste. Serve immediately as is or with garlic crostini.