



MOROCCAN LENTIL SOUP

"Enjoy the flavor of Morocco!"

INGREDIENTS:

1 Tbsp oil
1 c onion, diced
1 c celery, diced
1 c carrot, diced
1- 1 ½ c butternut squash,
diced
2 garlic cloves , minced
1 tsp sea salt
(+ more to taste)
1 tsp black pepper
(+ more to taste)
2 tsp turmeric
2 tsp ground cumin

2 tsp ground ginger
2 tsp smoked paprika
1 tsp ground cinnamon
4 c vegetable broth
2 c water
½ c crushed tomato
2 c Quick-Cook Lentil
1 Tbsp lemon juice
2 - 3 c spinach
coconut yogurt
(optional)
sour cream(optional)
cilantro (optional)

DIRECTIONS:

1. Heat the oil in a large stockpot or Dutch oven. Add diced **onions, celery, carrot, butternut squash**, and minced **garlic** and sauté for about 5 minutes until everything softens slightly. Season with **salt, pepper**, and **spices** and cook for about 2 minutes.
2. Add the **broth, water**, and **crushed tomato**. Stir to combine and until the tomato has broken down. Bring the soup to a boil, cover, and reduce to simmer for 10 minutes or until squash is fork-tender.
3. Remove from heat and stir in **Quick-Cook Lentils, lemon juice, spinach**, and stir until the spinach has wilted. Serve immediately and top with your desired toppings.
4. For garnishes, I like to do a dollop of **coconut yogurt** or **sour cream** and **cilantro**.