



Curried Lentil and Pumpkin Soup

Servings 8 | Prep time 10 mins. | Total time 40 mins.

Equipment: Large pot with lid

Utensils: Mixing spoon, Measuring cups and spoons

Ingredients

- 1 yellow onion, diced
- 2 garlic cloves, minced OR 2 teaspoons garlic powder
- 1/4 teaspoon powdered ginger OR 1 teaspoon fresh ginger, grated
- 1 tablespoon olive oil OR vegetable oil
- 1 1/4 tablespoons curry powder OR 1/2 teaspoon ground cumin, 1/4 teaspoon coriander, 1/4 teaspoon ground turmeric, 1/4 teaspoon ground chili
- 1 15 ounce can pumpkin purée
- 1 cup dry red lentils
- 6 cups low-sodium vegetable broth
- 4 cups fresh baby spinach
- 1/2 teaspoon salt
- 1 cup Greek yogurt (optional)

Instructions

1. Before you begin, wash your hands, surfaces, utensils, tops of cans, and vegetables.
2. Add the onion, garlic, and ginger to a large pot with oil and cook over medium heat until the onions are soft and see-through (about 5 minutes).
3. Add the curry powder and continue to cook for about a minute more.
4. Next, add the pumpkin purée, lentils, and vegetable broth. Stir to combine.
5. Place a 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 total. At 16 minutes lift lid, add spinach and mix in so it will wilt.
6. Taste the soup and add 1/2 teaspoon salt, or to taste. Top with Greek yogurt (if using).

Nutritional Information:

Calories 130
Total Fat 2g
Sodium 270mg
Total Carbs 21g
Protein 7g