

I Can't Believe It's Butternut! Soup

Prep Time: 20 minutes
Cook Time: 30 minutes
Servings: 4
Storage: 5 days
Freeze: 30 days
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Ingredients

- 1 small Butternut squash (aprx 1.5 pounds)
- 2 TBSP Olive Oil
- 1 TBSP Coconut Oil
- 1 small onion
- 1 (2 inch) piece fresh ginger
- 1 medium-size tomato
- ½ cup red lentils
- 3 cups vegetable stock
- 3 TBSP CC Pumpkin Spice Blend

Preheat oven to 375°

Wash and halve squash lengthwise, scraping out the seeds and pulp, reserving seeds. Dry squash. Drizzle with Olive Oil. Season with 1 TBSP CC Pumpkin Spice Blend.

Roast squash for 20 minutes, check for doneness. Add tomato, onion, ginger, garlic to pan to roast with squash and roast additional 10-15 minutes or until done. Remove to cool.

Cook ½ cup red lentils in 1 cup stock for 30 minutes or until done. Cool

Once all ingredients have cooled, transfer to blender and blend. Season to taste with remaining CC Pumpkin Spice Blend. Garnish with yogurt, parsley, and roasted seeds.

Adapted *Soupelina* recipe

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