

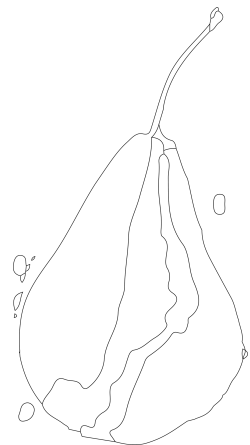
Turmeric Pumpkin & Lentil Soup

4-6 portions | dfo, veo, gf, wf

Great for a warm, nourishing winter meal. The addition of lentils makes this recipe higher in protein and fibre than traditional pumpkin soup, which means it's a more filling and satisfying meal. Turmeric gives a warm, mildly spicy flavour and adds anti-inflammatory benefits.

Ingredients:

- 1 medium brown onion, diced
- 2 garlic cloves, crushed
- 1 tsp finely grated fresh ginger
- 1 tsp ground turmeric
- 1 kg butternut pumpkin (skin on), deseeded, cut into 1cm cubes
- 1 cup dried red lentils
- 1.25L (5 cups) salt-reduced vegetable stock
- 100g (1/2 cup) Greek yoghurt (or coconut yoghurt)
- fresh coriander leaves, to serve



Method:

Place all ingredients (except yoghurt and coriander leaves) in a large saucepan over medium heat. Bring to the boil. Reduce heat to low. Simmer, partially covered, for 15-20 minutes or until the pumpkin and lentils are soft. Set aside to cool.

Use a stick blender to blend in saucepan until smooth.

Place the soup over a medium heat and cook, stirring, for 3 minutes or until heated through. Ladle into serving bowls. Top with the yoghurt and coriander to serve.

