



Curried Butternut Squash Lentil Soup

Sunday Lunch

Ingredients (Serves 4)

- 1 small butternut squash — —
- olive oil — —
- liquid aminos — —
- 1 yellow onion —
- 1 yellow bell pepper —
- 4 stalks celery —
- 4 Tbsp. garlic —
- 3 Tbsp. curry powder —
- 4 C vegetable stock —
- ½ C red lentils —



Cooking Instructions

Butternut Squash —

1. Heat oven to 425 F (400 on convection setting if your oven has one).
2. Peel and cut 1 small butternut squash into slices from the bottom and medium dices at the top.
3. Toss in 1 tsp. olive oil and 1 tsp. liquid aminos on sheet pan lined with parchment.
4. Roast until tender.

Curried Butternut Squash Lentil Soup —

1. Sauté ½ yellow onion, ½ bell pepper, 2 stalks celery, 2 Tbsp. garlic, and 2 Tbsp. curry powder in 1 Tbsp. olive oil in large sauce pot over medium heat.
2. Add 3 C vegetable stock, 1 Tbsp. liquid aminos, and ½ C lentils.
3. Simmer until lentils are cooked through.
4. Add roasted butternut squash dices and warm though.

