

Butternut Squash & Red Lentil Soup



Ingredients

- 2 tablespoons canola oil
- 1 ½ cups diced onion
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- 2 teaspoons curry powder or garam masala
- 1 20-ounce package cubed peeled butternut squash (see Tip)
- 1 cup red lentils
- 1 cup chopped fresh tomato or one 15-ounce can diced tomatoes, drained
- 1 ½ teaspoons salt
- 4 cups water
- 1 14-ounce can lite coconut milk
- 5 lime wedges
- Chopped fresh cilantro for garnish

Directions

• Step 1

Heat oil in a large pot over medium-high heat. Add onion, garlic, ginger and curry powder; cook, stirring often, until the onion is starting to soften, 2 to 3 minutes. Add squash, lentils, tomato and salt; cook, stirring, for 1 minute. Add water. Cover and bring to a boil over high heat. Reduce heat to maintain a lively simmer; cook,

covered, stirring occasionally, until the squash is tender and the lentils are mostly broken down, about 20 minutes.

- **Step 2**

Stir in coconut milk and simmer until heated through, about 1 minute. Serve with lime wedges and cilantro, if desired.

Tips

Precut butternut squash is usually sold in a 20-ounce package of large cubes (5 cups of 1- to 2-inch pieces) or in a 16-ounce package of smaller diced squash (3 cups of 1/2-inch pieces). If you can only find the smaller cubes for this recipe, you'll need to buy two 16-ounce packages to have 5 total cups of squash and reduce the roasting time by 5 to 10 minutes. Or, you can prep your own cubes of squash from a whole, peeled and seeded butternut squash.

Nutrition Facts

Serving Size: 1 3/4 Cups

Per Serving:

326 calories; total fat 11.5g 18% DV; saturated fat 4.6g; cholesterol mg; sodium 735mg 29% DV; potassium 996mg 28% DV; carbohydrates 46.5g 15% DV; fiber 13.1g 52% DV; sugar 8g; protein 13.6g 27% DV; exchange other carbs 3; vitamin a 12371IU; vitamin c 38mg; folate 248mcg; calcium 107mg; iron 5mg; magnesium 93mg.

Exchanges:

2 Starch, 1 Vegetable, 1/2 Lean Meat, 2 Fat