

Pumpkin Soup

Pumpkin soup is a Farm to School favorite! Both sweet and savory, ginger and curry add warmth and spice. Red lentils provide about 5 grams of healthy protein per serving.

Step 1: Gather and prep your ingredients

- 3 cups of oven-roasted pumpkin or 2 cans of pumpkin puree
- 2 carrots, diced
- 1 onion, red or white, diced
- 2 garlic cloves, diced
- 1 TBSP fresh ginger root, grated
- 1 cup red lentils
- 1 tsp curry powder
- 8 cups broth, chicken or vegetable
- 1 TBSP apple cider vinegar
- 2 TBSP olive oil
- Salt and pepper to taste

Step 2: In a large pot saute the carrot, onions, garlic, and ginger in olive oil until soft.

Step 3: Add pumpkin, lentils, and broth to the pot and simmer uncovered for 15-20 minutes.

Step 4: Add apple cider vinegar and curry, then puree in a food processor or with an immersion blender.

Step 5. Season with salt and pepper to taste.

Pour into large bowls, garnish and serve! Suggested toppings include sriracha, plain Greek yogurt, cilantro or pumpkin seeds.

Serves 6.



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