

# Delicata Squash & Lentil Soup

serves 6

Adapted from Rebecca Katz recipe

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## OVERVIEW

The mild and slightly sweet flavor of delicata squash pairs nicely with the host of warm spices in this quintessential fall soup. Lentils and kale make for a heartier soup that is sure to keep you satisfied.

## INGREDIENTS

2 tablespoon olive oil  
1 yellow onion, diced small  
1/4 teaspoon salt  
2 carrots, peeled and diced small  
2 celery stalks, diced small  
1 medium delicata squash, peeled, seeded and cut into 1/2-inch cubes  
1 teaspoon curry powder  
1/2 teaspoon ground cumin  
1/2 teaspoon ground turmeric  
1/4 teaspoon ground coriander  
1/4 teaspoon ground cinnamon  
Pinch of red pepper flakes  
1 cup dried green lentils, rinsed well  
8 cups low-sodium vegetable broth  
1 cup tightly, packed, stemmed, and thinly sliced kale

## EQUIPMENT

Knife & cutting board  
Large soup pot

## DIRECTIONS

1. Heat the olive oil in a heavy soup pot over medium heat. Add the onion and sauté until translucent, about 4 minutes.
2. Add the carrots, celery, delicata squash, and salt and sauté until all of the vegetables are just tender, about 5 minutes.
3. Add the curry powder, cumin, turmeric, coriander, cinnamon, 1/4 teaspoon of salt, and red pepper flakes and give a stir. Add the lentils and stir to coat. Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half.
4. Add the rest of the broth. Increase the heat to high and bring to a boil. Decrease the heat to low, cover, and simmer until the lentils are tender, about 20 to 25 minutes.
5. Stir in the kale and cook until it's tender, about 3 minutes.

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## NUTRITION INFORMATION

## NOTES

### Nutrition Facts

6 servings per container

Serving size 1/6th of recipe

Amount per serving

**Calories 200**

% Daily Value\*

Total Fat 5g 6%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 320mg 14%

Total Carbohydrate 31g 11%

Dietary Fiber 6g 21%

Total Sugars 7g

Includes 0g Added Sugars 0%

Protein 9g

Vitamin D 0mcg 0%

Calcium 48mg 4%

Iron 2mg 10%

Potassium 420mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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