

Butternut Squash and Coconut Soup



Prep:

20 minutes

Total:

60 minutes

Makes:

10 full servings

Utensil:

5 Qt./4.7 L Roaster with Cover

7" Santoku Knife

Rate Recipe:

Select rating Give Butternut Squash and Coconut Soup 1/5 Give Butternut Squash and Coconut Soup 2/5 Give Butternut Squash and Coconut Soup 3/5 Give Butternut Squash and Coconut Soup 4/5 Give Butternut Squash and Coconut Soup 5/5

Contributed By:

Marni Wasserman

Culinary Nutritionist and Health Strategist, Marni uses passion and experience to educate individuals on how to adopt a realistic, plant-based diet that is both simple and delicious.

[Write a Review](#)

Recipe Description:

Butternut squash is loaded with vitamins and a delicious, natural sweetness. This soup is filling enough to enjoy as a meal - just add a handful of steamed green leafy veggies and you've got a balanced meal!

You can learn more about Marni by visiting her Facebook and Twitter page, or www.marniwasserman.com.

whole mustard seeds

(3

g)

4

cloves

garlic, peeled and chopped

1

medium onion, cut into big pieces

1

teaspoon

ground cumin seeds

(2

g)

1

teaspoon

ground coriander seeds

(2

g)

$\frac{1}{2}$

teaspoon

turmeric

(1

g)

$\frac{1}{4}$

teaspoon

curry powder

(0.5

g)

3 - 4

cups

water or vegetable stock

(700 - 950

mL)

4 - 6

cups

butternut squash, peeled and cubed

(560 - 840

g)

$\frac{1}{2}$

cup

red lentils

(128

g)

1

teaspoon

sea salt

(6

g)

$\frac{1}{2}$ - 1

cup

coconut milk (optional)

(120 - 240
mL)

Directions:

1. In roaster, heat mustard seeds on medium heat. Sauté until seeds start to pop.
2. Add garlic and onions and sauté for a minute.
3. Add the rest of the spices, water or stock, and butternut squash. Cover and cook.
4. When Vapo-Valve? clicks, reduce heat low and simmer for 15 - 20 minutes.
5. Add washed lentils and simmer for another 10 - 15 minutes, until lentils are tender but not overcooked.
6. Add salt and coconut milk, if using. Mash with hand held blender or potato masher.

Tips:

- Soup also works well with carrots or sweet potatoes. Vegetables can also be roasted for additional taste.

Nutritional Information per Serving
Soup using 1 cup coconut milk

Calories:

126

Total Fat:

5g

Saturated Fat:

4g

Cholesterol:

0mg

Sodium:

199mg

Total Carbs:

18g

Dietary Fiber:

5g

Sugar:

3g

Protein:

4g

Soup without coconut milk

Calories:

82

Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

196mg

Carbohydrate:

18g

Fiber:

5g

Sugar:

3g

Protein:

4g