

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:

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.

1 teaspoon
whole mustard seeds
(3
g)
4 cloves
garlic, peeled and chopped
1 medium onion, cut into big pieces
4 - 6 cups
butternut squash, peeled and cubed
(560 - 840
g)
½ cup
red lentils
(128
g)

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 18g

Carbs:

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