

Nayeli's Squash and Lentil Soup



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I love that this dish always makes enough for leftovers to take to work the next day. My coworkers are always jealous!"

NAYELI RODRIGUEZ
NEW URBAN MECHANICS

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PREP TIME

10 mins

COOK TIME

30 mins

SERVINGS

5

INGREDIENTS

- 1 onion, diced
- 2 cloves garlic, crushed
- 1 1/2 tablespoons ginger, minced
- 2 lbs winter squash
- 1/2 cup red lentils
- 2 cups canned tomatoes
- 1 teaspoon cinnamon
- 2 teaspoons cumin
- 1/2 teaspoon turmeric
- Dash cayenne pepper
- 1/2 teaspoon sea salt
- 2-5 cups of vegetable stock
- 1/4 cup creamy peanut butter
- 1/4 cup green onion
- 1/3 cup peanuts
- Fresh lime juice

PROCEDURE

1. Heat olive oil in a pan over medium heat. Cook onions, then add garlic and ginger.
2. Add squash, lentils, tomatoes, cinnamon, cumin, turmeric, and cayenne. Stir.
3. Add 4 cups of vegetable stock, salt, and pepper. Lower the heat and simmer for 30-45 minutes.
4. Blend in peanut butter.
5. Top with peanuts, green onions, and a squeeze of lime juice to serve.