

Creamy Red Lentil and Butternut Squash Soup

Recipe By *Sina Mizrahi*



Cooking and Prep:  1
h 10 m

Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Gluten Free, Low Fat,
Low Carb, Vegan, Vegetarian,
Pescetarian

Source: Relish by Binah
Magazine

Growing up in Montreal, the winters felt undesirably endless. The charm of snowflakes coating the ground and painting our city white quickly dissipated when we'd feel the biting chill of the cold air. Thankfully, my mother always had something hot and comforting to serve us. These recipes are inspired by those meals. Enjoy a bowl of this hearty soup when you crave the comfort of a warm winter meal. Red lentils are an excellent choice for creamy soups since they cook quickly and break down into a smooth, velvety mush. They are packed with protein and pair well with root vegetables. This recipe can easily be a main course, with a side of hearty salad or sautéed vegetables.

Ingredients (12)

Main ingredients

- 1 cup **Gefen Red Lentils**
- 2 cups diced butternut squash
- 2 carrots, peeled and sliced

- 1 large onion, diced
 - 1 small potato, peeled and diced
 - 2 cloves garlic, minced or 2 cubes **Gefen Frozen Garlic**
 - 4 cups vegetable stock
 - 2 tablespoons **Bartenura Olive Oil**
 - 1 teaspoon salt
 - 1/2 teaspoon pepper
 - 1/3 cup coconut milk (*optional*)
 - fresh parsley, for garnish
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Start Cooking

For the Soup

1. In a large pot, heat the olive oil over medium heat. Sauté the onion until it is translucent. Add the lentils, squash, carrot, potato, garlic, salt, and pepper. Coat the mixture in the oil and cook for two to three minutes. Add the vegetable stock. Cover the pot and bring the liquid to a boil. Reduce to a simmer and cook until the vegetables are soft, approximately 40-45 minutes.
2. Remove from heat and purée using an immersion blender. Mix in the heavy cream or coconut milk, if using, until fully incorporated. Season with fresh parsley, and add a little more salt and pepper, according to taste.
3. Ladle into bowls and serve.

Variation:

For a dairy version, you can substitute heavy cream for the coconut milk.