

Curried Squash Soup

13 ingredients · 1 hour · 8 servings



Directions

1. Preheat oven to 375 degrees, and prepare a baking pan. Toss cubed squash with 2 tbsp of the oil, and a little salt and pepper before baking for about 30 mins or until tender.
2. Meanwhile, heat the remaining oil in a large pot and fry onions, garlic, ginger until tender, add curry powder, celery and carrots and fry for another couple mins. Add in broth and bring to a simmer, add in lentils and cook until soft.
3. When everything is tender add squash to the simmering pot, blend with an immersion blender or transfer in batches to a blender. If using a blender make sure to vent the top so that it doesn't explode.
4. Mix in cooked rice and enjoy!

Notes

Complete Protein

The mix of lentils and brown rice make a complete protein however if you would like to add more protein free to add your meat of choice or tofu.

Stage 2 adaptation

Curry powder usually has night shades in it so if you have not successfully reintroduced nightshades yet omit the curry powder and replace it with 2 tsp of cumin, 1 tsp of coriander and 1/8 tsp of cinnamon.

Too thick

This is a very thick and hearty dish, if you prefer your soups thinner add more stock.

Ingredients

- 3 cups Butternut Squash (peeled and cubed)
- 1 Yellow Onion (diced)
- 4 Garlic (cloves, crushed)
- 2 tbsps Ginger (Fresh, grated)
- 1 Carrot (chopped)
- 2 stalks Celery (chopped)
- 1 cup Dry Red Lentils
- 2 cups Brown Rice (cooked)
- 2 1/8 quarts Bone Broth (any kind of broth or water)
- 1/4 cup Olive Oil (half for roasting squash half for frying vegetables)
- 2 tbsps Curry Powder (or garamasala)
- 1 tsp Sea Salt (more or less to taste)
- 1/2 tsp Black Pepper (more or less to taste)

Nutrition

Amount per serving

Calories	495	Vitamin A	7691IU
Fat	16g	Vitamin C	19mg
Carbs	67g	Calcium	101mg
Fiber	9g	Iron	5mg
Sugar	5g	Vitamin B12	0µg
Protein	21g	Magnesium	79mg

Sodium

727mg

Zinc

1mg