

BUTTERNUT SQUASH AND RED LENTIL SOUP



Ingredients (Serves 6-8)

- 2 tablespoons sunflower oil
- 1 medium onion, diced
- 4 large garlic cloves, finely chopped or minced
- 1 large butternut squash, cubed
- 1 1/2 cups red lentils, soaked and rinsed well
- 2 teaspoons sage, finely chopped
- 7 cups vegetable broth or water
- salt & fresh ground pepper, to taste

Method

1. In a large pot, heat oil over medium high heat, add onions and cook for about 5 minutes or until soft, stirring occasionally.
2. Add garlic and squash and cook a few minutes stirring occasionally.
3. Add lentils, sage, broth and salt & pepper, bring to a boil, cover, and leave to simmer for about 30 minutes or until squash is tender and lentils are soft.
4. Blend the soup and serve topped with fresh sage and chopped walnuts or pumpkin seeds (optional).