

Red Lentil Pumpkin Soup

(Makes 6 servings)

Ingredients:

- 2 teaspoons olive oil
- ½ large onion, coarsely chopped
- ¾ cup carrot, coarsely chopped
- 1 tablespoon minced garlic
- 3 cups low sodium vegetable broth
- 1 cup dried small red lentils
- 1 teaspoon ground cumin
- ½ teaspoon ground cinnamon
- 1/8 teaspoon ground red or white pepper
- 1 cup canned pumpkin puree
- 1 tablespoon fresh ginger, peeled and minced
- 2 tablespoons fresh lemon juice
- 6 tablespoons plain nonfat Greek yogurt
- 6 tablespoons unsalted pumpkinseed kernels
- 6 tablespoons fresh cilantro, chopped



Directions:

1. Heat oil in a medium sized pot over medium-high heat. Add onion, garlic, and carrots to pot; sauté 5 minutes. Stir in broth, lentils, cumin, cinnamon, and ground pepper; bring to a boil. Cover, reduce heat to medium-low, and simmer 20 minutes or until lentils are tender.
2. Using an immersion blender, blend the soup mixture until about 3/4 of the mixture is fairly smooth. This effect can also be created by putting about 1/2 or 3/4 of the mixture into a blender and blending until smooth, then adding the blended mixture back into the pot with the unblended soup mixture.
3. Over medium heat, add pumpkin, ginger, and lemon juice to the mixture; additional water can be added if a thinner consistency is desired. Cook 3-5 minutes or until thoroughly heated.
4. Divide soup evenly between 6 bowls; top each serving with 1 tablespoon yogurt, 1 tablespoon pumpkinseeds, and 1 tablespoon cilantro. Serve hot.

Nutrition Information: *(per serving)*

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| ▪ Calories: 190 | ▪ Total Carbohydrate: 30g |
| ▪ Total Fat: 3g | ▪ Fiber: 8g |
| ▪ Saturated Fat: 0g | ▪ Sugar: 5g |
| ▪ Trans Fat: 0g | ▪ Protein: 12g |
| ▪ Cholesterol: 0mg | |
| ▪ Sodium: 85mg | |