



### **Butternut Squash Lentil Cream Soup**

*So delicious that we begged a waiter for the recipe*

- 2 Tablespoons olive oil
- 1 small onion, peeled, chopped
- 1 tart apple peeled, pared, chopped
- 2 cups vegetable or chicken broth
- 2-1/2 to 3 cups roasted Butternut squash, seeded, peeled
- 1/4 teaspoon nutmeg
- 1/2 teaspoon sea salt
- 1/8 teaspoon ground black pepper
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon garlic powder
- 1/2 teaspoon dried thyme
- 1/2 teaspoon curry powder or to taste
- 1 cup cooked lentils
- 1 (14 oz.) can coconut milk as needed

Serve with: garnish chopped parsley; cranberry sauce; croutons if desired

- Heat oil in soup pot, add onion, sauté; stir occasionally.
- Add apples and 2 cups broth; cook about 5 minutes to soften apples
- Add roasted soft squash pieces; nutmeg, salt, black pepper, cinnamon, garlic powder, thyme, and curry powder; cook about 5 to 10 minutes, combining flavors.
- With an immersion blender, puree squash and apples until smooth; stir in cooked lentils and coconut cream.
- Cook until very hot and desired consistency; season to taste.
- Serve with chopped parsley, cranberry sauce, and croutons if desired.
- Serves: 4 to 6

**Cook's Note:** Carrots can be used as a substitute for some of the squash; you could also swirl in sweet red chili sauce if desired. To make this easy to do and add more flavor, roast the squash and cook the lentils before making the recipe.

**About the Recipe:** We loved the flavor of this soup so much that I begged the waiter at the California Café in Pennsylvania to reveal the ingredients, and Tech Tom scribbled them down on a handy napkin. (This was before the smart phone's life. It's much easier now) We later added the lentils for an interesting texture and healthy touch. Serving the soup in miniature pumpkin bowls adds a festive and fun touch for a Thanksgiving dinner.