

# Creamy Winter Squash Soup

Perfect Warming Soup For The Fall & Winter Months



TOTAL TIME

30 mins



COURSE

Main Course, Soup

CUISINE

American



SERVINGS

4 People

## INGREDIENTS

- 2 Tbsp Coconut Oil
- 1/2 Medium Sweet Yellow Onion - Diced
- 4 Cloves Garlic - Diced
- 4 Cups Carrots, Acorn Squash, Butternut Squash - Cubbed (Sub Squash of Choice)
- 32 oz Low Sodium Vegetable Broth
- 1/2 Cup Red Lentils
- 10 Fresh Sage Leaves - Minced
- 1 Tsp Dried Thyme
- 1 Tbsp Maple Syrup (optional)
- Sea Salt & Pepper To Taste
- 1/4 Cup Pumpkin Seeds - Roasted or Raw

## INSTRUCTIONS

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1. Heat a large pot over medium heat. Once hot, add coconut oil, onion, and garlic. Saute for 2-3 minutes.

Add chopped squash and carrots. Saute for 5 Minutes until soften. Add Salt and Pepper.

Add vegetable broth and herbs. Bring to a boil and then add lentils.

Reduce heat to low and cook uncovered for 20-30 minutes, or until vegetables are tender.

Adjust seasonings as needed.

Top with Pumpkin Seeds.

Enjoy!



KEYWORD

soup, squash