

# Curried Pumpkin Lentil Soup

SERVES:4

## INGREDIENTS:

- 1/2 tbsp olive oil
- 1 white onion, diced
- 1 large carrot, sliced
- 3 cloves garlic, minced
- 1/2 tbsp fresh grated ginger
- 1 tbsp curry powder
- 3 cups water / veggie broth or bone broth
- 1 cup green or brown lentils, rinsed
- 1 can light coconut milk
- 1 can pumpkin puree
- \*optional fresh cilantro on top

## INSTRUCTIONS:

1. Add olive oil to a large pot and place over medium heat. Once oil is hot, add in the onion, carrot and garlic. Sauté until onions are translucent. Turn down heat to medium and add in ginger, curry powder and cayenne, stir for 30 seconds.
2. Add water/broth + coconut milk, lentils and pumpkin puree. Season with some salt/pepper.
3. Bring to a boil then reduce heat for 30 mins and let it simmer to thicken up! If it gets too thick for your liking, add in more water or broth.
4. Serve a cup with a little added cilantro if you'd like!

