



# Red Lentil & Pumpkin Soup

When I read any of my nutrition books and I stumble on a key ingredient staple I purchase it and figure after what I will make with it. So the red lentil is one of those ingredients. It was in my pantry, I bought a pumpkin for pumpkin mash then decided to make a soup. Then I changed my mind to make a lentil soup, but when I opened my pantry I realize instead of using the brown lentil use the red it will blend nicely with the pumpkin.

## Ingredients

- 2 cups peeled and chopped pumpkin
- 1 cup dry [red lentil](#)
- 3 cups of stock (vegetable or chicken)
- 2 Tbsp [Bragg sprinkle seasoning](#)
- 1 tsp Celtic sea salt
- 1 tsp black pepper
- 1/2 tsp turmeric powder
- 1 block [vegetable bouillon](#)

## Direction

Bring the peeled pumpkin with 4 cups of water to a boil.

Boil until soft, very soft. Remove pumpkin and set aside.

Reserve boiled pumpkin water.

Wash red lentils thoroughly.

Add washed lentils to reserved pumpkin water add the bouillon block

Bring a medium boil, adding stock after 10- 15 minutes or if the liquid is drying up

After 20 minutes lower the stove

In a food processor add pumpkin and remaining stock and mix.

Make sure your beans are well cooked because these are not going to be blended but it needs to be very soft as if melted away

Add pumpkin puree mix to the lentil, add remaining seasons and leave on low heat for 5-10 minutes. Stirring occasionally to avoid it from burning.

Remove from heat and serve!

## **Directions**

Note: I use only organic items as much as needed.