

## Butternut Squash and Red Lentil Soup

- 1 Tbsp EVOO
- 1 white onion, chopped
- 1 1-inch piece ginger, peeled and grated
- 1 tsp kosher salt
- 2 tsp paprika
- 6 cups lower-sodium vegetable broth
- 3 ½ cups butternut squash, cubed
- 1 15-oz can chickpeas, drained and rinsed
- 1 14.5 oz can diced tomatoes
- 1 cup dried red lentils
- Chopped fresh cilantro

Heat oil in large skillet over medium-high heat. Add onion, ginger and 1 tsp salt. Cook for 5 minutes, until soft while stirring frequently. Add paprika and continue to stir until fragrant, about 1 minutes. Stir in broth, squash, chickpeas, tomatoes, and lentils. Bring contents to a boil and then reduce to low for simmer, continuing to cook until lentils and squash are softened, about 1.5 hour, stirring as needed. Serve with garnish of cilantro.

(Original recipe was written for a crockpot. To use this cook method, transfer onion mixture to crock pot, and then add broth, lentils squash and tomatoes. Cook on high for 3-4hours.)

*Best for the Luteal Phase*

