

**Cozy Lentil Soup with Butternut Squash**  

**MAKES 6 SERVINGS**

**PREP TIME: 20 minutes**

**COOK TIME: 35 minutes**

**2 tablespoons extra-virgin olive oil**

**1 yellow onion, diced small**

**Sea salt**

**2 carrots, peeled and diced small**

**2 celery stalks, diced small**

**1 medium butternut squash, peeled, seeded, and cut into 1/2-inch cubes**

**1 teaspoon curry powder**

**1/2 teaspoon ground cumin**

**1/2 teaspoon ground turmeric**

**1/4 teaspoon ground coriander**

**1/4 teaspoon ground cinnamon**

**1/4 teaspoon Terra’s Table mushroom powder (optional)**

**Pinch of red pepper flakes**

**1 cup dried green lentils, rinsed well**

**1 cup cauliflower, separated into florets**

**8 cups Classic Magic Mineral Broth or store bought organic vegetable broth**

**1 cup tightly packed, stemmed, and thinly sliced kale**

**Heat the olive oil in a heavy soup pot over medium heat. Add the onion and a pinch of salt and sauté until translucent, about 4 minutes. Add the carrots, celery, butternut squash, and another pinch of salt and sauté until all of the vegetables are just tender, about 5 minutes. Add the curry powder, cumin, turmeric, coriander, cinnamon, mushroom powder, 1/4 teaspoon of salt, and red pepper flakes and give a stir. Add the lentils and stir to coat. Pour in 1/2 cup of the broth to deglaze the pot, stirring to loosen any bits stuck to the pot, and cook until the liquid is reduced by half. Add the rest of the broth and the cauliflower. Increase the heat to high and bring to a boil. Decrease the heat to low, cover, and simmer until the lentils are tender, about 20 to 25 minutes.**

**Taste; you may want to add a pinch of salt. Stir in the kale and cook until it’s tender, about 3 minutes.**

*Creativejuicesconsulting.com Adapted from a Rebecca Katz recipe called, “Cozy Lentil Stew with Delicata Squash”*