



Curried Lentil and Pumpkin Soup

Prep: 10 minutes | Cook: 35 minutes | Total: 45 minutes

Yield: 8 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 medium onion, diced (about 1 cup)
- 2 garlic cloves, minced (about 1 teaspoon)
- 1½ teaspoons curry powder
- 1½ teaspoons ground dried ginger
- ¼-½ teaspoon cayenne, to taste
- 4 cups (32 ounces) low-sodium vegetable broth
- 1 cup uncooked brown lentils, picked through to remove any stones and rinsed
- 1 (15-ounce) can 100% pure pumpkin puree

Directions

1. Heat a large pot over medium heat.
2. Add the oil and heat until shimmering.
3. Add the onion, garlic, curry powder, ginger, and cayenne. Cook, stirring often, until the onions are softened, about 5-7 minutes.
4. Add the broth, brown lentils, and pumpkin puree. Stir to combine.
5. Bring to a boil over high heat, then reduce the heat to maintain a simmer.
6. Cover the pot with a lid and cook until the lentils are tender, about 20-25 minutes.
7. Serve warm.

Nutrition Facts Per Serving: Calories: 135 | Total Fat: 2 g | Saturated Fat: 0.5 g
Sodium: 40 mg | Total Carbohydrate: 21 g | Dietary Fiber: 10 g | Protein: 8 g

For more recipes, please visit www.nutrition.va.gov



VA | U.S. Department
of Veterans Affairs