

Turmeric & Ginger Butternut Squash Stew

4 SERVINGS 30 MINUTES

INGREDIENTS

1 1/2 **tsps** Coconut Oil
3 **Garlic** (cloves, minced)
1 **tbsp** Ginger (freshly grated)
1 **Yellow Onion** (chopped)
5 **cups** Butternut Squash (peeled, chopped into 1/2-inch pieces)
1 **tsp** Turmeric (dried)
Sea Salt & Black Pepper (to taste)
1 3/4 **cups** Canned Coconut Milk
4 **cups** Vegetable Broth, Low Sodium
1 **cup** Dry Green Lentils (rinsed)
3 **cups** Baby Spinach

NUTRITION

AMOUNT PER SERVING

Calories	481	Cholesterol	0mg
Fat	21g	Sodium	166mg
Carbs	61g	Vitamin A	20731I...
Fiber	10g	Vitamin C	48mg
Sugar	11g	Calcium	143mg
Protein	16g	Iron	6mg

DIRECTIONS

- 01** In a large dutch oven, over medium-low heat, melt the coconut oil. Then add the garlic, ginger, and onion. Sauté for three to five minutes, stirring often, until softened and fragrant.
- 02** Add in the squash and turmeric and season with salt and pepper. Cook for one minute, stirring often. Pour in the coconut milk, broth, and lentils and stir. Bring to a boil over medium-high heat and then reduce the heat, cover and simmer for 20 minutes, until lentils and squash are cooked through.
- 03** Transfer about half of the soup to a blender and carefully purée until smooth. Pour back into the pot and stir in the spinach. Cook until the spinach is wilted. Divide into bowls, serve and enjoy!

NOTES

LEFTOVERS

Refrigerate in an airtight container for up to four days.

SERVING SIZE

One serving is equal to approximately two cups of stew.

ADDITIONAL TOPPINGS

Top with chili flakes.