



# Turmeric Spiced Pumpkin & Lentil Soup



5-6 servings



40-45 minutes total

## Ingredients

- 1/2 Large Pumpkin, chopped in small chunks
- 4-5 Carrots, roughly chopped
- 2 Brown Onions, quartered
- 4 Garlic Cloves, sliced
- 1-2 Tbs Turmeric Powder
- 1 Knob Fresh Ginger, grated
- 1.5-2 L Chicken or Veggie Broth
- 1 Cup Red Lentils, drained and rinsed
- Olive Oil (good quality)
- Salt & Pepper
- Chilli Flakes (optional)

### Serve With:

- Coconut Yoghurt
- Pepitas
- Coriander

## Directions

1. Place veggies, onions and sliced garlic in 2 large lined baking trays, drizzle with olive oil and sprinkle with Turmeric, chilli flakes, salt & pepper.
2. Roast veggies in oven at 200°C for about 25 minutes or until browned slightly.
3. In a large pot, add Broth, fresh ginger and lentils. Cook for about 10-15 mins or until lentils are soft.
4. Let pot cool before you blitz all ingredients.
5. Serve with a dollop of coconut yoghurt, top with pepitas and coriander.

KIARA LAWSON

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