

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Curried Winter Squash Red Lentil Soup with Coconut Cream

A chunky, creamy, flavorful, fragrant, warming soup to tame winter's cold. Inspired by my recipe for [Curried Red Lentil & Sweet Potato Soup](#).

- The thick coconut cream layer from a can of unsweetened coconut milk mellows and marries the flavors, adding depth, richness and deliciousness.
- Depending on your love of curry spices, use either the full amount of curry powder called for in the recipe, or a portion of that amount in your soup.
- For a chunky Curried Winter Squash Red Lentil Soup (my preference), use a blender to purée just 3 cups of the soup. For a smooth and creamy soup, purée all of the soup.
- Note: Wash and drain the red lentils *just before you use them* as they mercilessly stick together within seconds of being drained.

Makes 12 cups

Active Time 30 minutes

Total Time 90 minutes

Ingredients

2 tablespoons coconut or olive oil

2 cups 1/3-inch diced onion

1 1/2 cups 1/2-inch diced carrot

1 1/2 cups 1/2-inch diced celery

1/4 teaspoon sea salt

1/4 cup minced fresh ginger

3 large cloves garlic minced or pressed through a garlic press

1-2 tablespoons curry powder or a mixture of curry powders*

1 teaspoon *garam masala***

1 1/2 teaspoons fennel seed

Dozen twists freshly ground black pepper

4 cups 3/4-inch diced butternut squash

2 bay leaves

9 cups water

1 1/2 cups red lentils

1 1/2 tablespoons sea salt

Scant cup of thick coconut cream layer from a can of pure, unsweetened coconut milk

Garnish

A swirl of yogurt, thinly sliced scallions and/or fresh cilantro leaves

Directions

1. Heat the coconut or olive oil in a large soup pot over medium low heat. Stir in the diced onion, carrots and celery and sprinkle them with ¼ teaspoon salt. Cover the pot and cook 5 minutes. Uncover the pot. Raise the heat to medium high. Stir in the ginger and garlic. Cook, stirring frequently, for 20-25 minutes to lightly brown the vegetables.
2. Stir in the curry powder, *garam masala*, fennel seeds and freshly ground pepper. Cook 30 seconds until fragrant. Stir in the diced squash until coated with the spices.
3. Add the lentils to the pot along with the bay leaves, 9 cups of water and sea salt. Bring the mixture to a boil over high heat. Reduce the heat so the soup simmers. Cook it partially covered for 25 minutes or until both the lentils and squash are thoroughly cooked.
4. For a chunky soup, use a blender to *purée* 3 cups of the soup and return it to the soup pot. *Purée* all of the soup if you prefer a creamy soup.
5. Stir in the thick coconut cream layer from a can of unsweetened coconut milk to mellow and marry the flavors.
6. Serve Curried Winter Squash Red Lentil Soup garnished with a swirl of yogurt, thinly sliced scallions and/or fresh cilantro leaves.

* I use a mixture of half [Penzey's](#) curry, one-fourth of their Hot Curry and one-fourth of their Maharaj Curry.

** The *garam masala* I use is also from Penzey's. Theirs is a blend of ground coriander, black pepper, cardamom, cinnamon, *kalonji*, caraway, cloves, ginger and nutmeg.