

SARI'S PUMPKIN AND LENTIL SOUP

This Pumpkin and Lentil soup is a favourite in our home, especially when we have lots of pumpkins from the veggie patches! It is relatively high in carbohydrates, so factor that in when meal planning.

Pumpkin is nutrient dense boasting a high beta-carotene content. Pumpkins contain Vitamin C, potassium, copper, manganese, Vitamin B2, Vitamin E, iron and folate. It is full of antioxidants, including beta-carotene which the body turns into Vitamin A. Antioxidants protect you from developing all sorts of diseases. Vitamin A and C strengthen your immune system.

I love making a big batch and freezing it in family serve sizes. This makes for easy, fast, nutritious lunches for the kids and us adults too.

Serves: many!! This big batch size will feed my family of 6 for about 4 lunches throughout the week.

Ingredients

Big nob of butter (and some macadamia or grapeseed oil if you want) for frying

4 large onions or 1 large leek, sliced, including the green part

6kg Jap pumpkin, chop into large chunks

6 cups of cooked homemade bone broth/ stock or organic shop bought stock

500g red split lentils, rinsed well

5 cloves garlic, crushed

Bunch of parsley, chopped

Method

1. Melt butter and oil into a very large saucepan over medium heat.

2. Add chopped onions (or sliced leek)
3. Sauté/fry until soft.
4. Chop washed pumpkin up including the skins, into chunks. Discard the seeds or any blemished parts only.
5. Put into saucepan.
6. Add broth and then the rinsed lentils. Stir them in so they are under the liquid.
7. Now add just enough boiled water to cover the lentils, and almost cover the pumpkin.
8. Place lid on and bring to the boil. Then turn down to low and simmer for 20 minutes, or until tender.
9. Add crushed garlic and parsley.
10. Blend it all up with a handheld immersion stick blender until it is nice and smooth. If it is too thick for you, add more water until it reaches your desired consistency. I like it super thick!

Please note: this amount of liquid makes for a very lovely thick soup, so as not to dilute your digestive enzymes and make digestion more difficult for your gut.

Enjoy this delicious freshly cooked Pumpkin and Lentil soup hot with some salt and pepper and fresh herbs on top.

When the rest of the pot is cool enough, place ladles full into glass containers in serve sizes for you/ your family, and freeze. Simply take it out of the freezer the night before you want it and defrost it naturally on the kitchen bench (no microwave needed!). You can heat it up in the morning and put it in thermoses for the work and school lunches.

Enjoy!