



## Butternut Ginger Soup

By: Julie Daniluk RHN – Meals that Heal Inflammation

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*This is a wonderful soup when you're feeling under the weather. Squash is one of the first foods offered to babies- a good indication that it's easy to digest. Ginger is a great reliever of nausea and is a warming herb. The beta-carotene in squash helps to protect the lungs when fighting a cold or flu.*

### Ingredients:

2 cups onions, chopped  
1 tbsp extra virgin olive oil  
2 cloves garlic, chopped  
8 cups filtered water or vegetable stock  
7 cups butternut squash, peeled and cubed (1 whole) *if short top up with chopped peeled carrots*  
1 tbsp minced fresh ginger or ½ tsp powdered ginger  
1 tsp cinnamon  
1 tsp turmeric (optional)  
¼ tsp nutmeg  
3 tbsp tahini  
2 cups cooked lentils (or ¾ cup dry –*green or brown*) with 2 cups extra water (*use your judgment whether additional water is needed*).  
1 tsp sea salt

### Optional Additions:

½ cup minced fresh parsley or watercress  
¼ cup pumpkin or roasted squash seeds, roasted

### Directions:

1. in a large soup pot over medium-low heat, add the onion and oil and cook about 15 minutes without stirring (*or minimal*) until the onions are brown and caramelized.
2. Stir in the garlic, then add the water or stock and squash and dry lentils if using
3. Cover and bring to a boil over high heat. Reduce heat and simmer until the squash is tender about 30 minutes and lentils are cooked.
4. puree the squash mixture in a blender or food processor (or with an immersion type blender if possible), with the spices, tahini, lentils (if using cooked) and salt.
5. Serve hot, garnished with roasted pumpkin or squash seeds and parsley or watercress if desired.

Makes 6 servings.

Freezes well.