

Harvest Soup 2021

BUTTERNUT SQUASH AND KALE SOUP WITH RED LENTILS AND ROSEMARY

Serves 8 (1 cup serving)

Ingredients

¾ cup (150g) red lentils

2" Kombu

6 bay leaves

7 cups (1645g) of water

2 tablespoons extra virgin olive oil

½ onion (130g) diced

4 scallions (70g) chopped fine

6 garlic cloves (18g) minced

3 tablespoons (6g) minced fresh rosemary

2 cups (260g) butternut squash, peeled and cut into ½" pieces

1 ½ cups (50g, about 4 leaves) kale or rainbow chard, chopped small

½ cup (85g) carrot, quartered and chopped small

1-2 teaspoons tamari

2 teaspoon white balsamic vinegar

1-2 teaspoons of salt

To serve: extra virgin olive oil, chopped parsley and grated Parmesan

Directions

Rinse lentils and place in a large pot with kombu, bay leaves and water. Bring to a boil over high heat. Scoop off any foam that rises to the surface. Cover pot, reduce heat to low and simmer for five minutes until the lentils are cooked. Drain lentils and reserve cooking liquid. Transfer cooking liquid, bay leaves and kombu back into large pot, cover and continue to simmer for 15 minutes. Remove kombu and bay leaves.

Warm olive oil in a large pot over medium heat. Add onions and sauté until golden, about 5 minutes. Stir in scallions, garlic and rosemary, and cook 2 minutes longer. Add squash and reserved lentil cooking liquid, raise heat and bring to a boil. Cover the pot, reduce heat to low and simmer until squash is tender. Stir in drained lentils and carrots, and simmer until soup has thickened and lentils begin to melt. Add kale and rainbow chard, cook for a few minutes. Stir in tamari and balsamic vinegar, season with salt to taste.