

## PUMPKIN LENTIL SOUP

2 small sweet onions, cut into wedges

2 yellow sweet peppers, seeded and sliced

1 cup lentils, rinsed and drained

2 Tbsp olive oil

1 Tbsp + 1 tsp grated fresh ginger

2 tsps curry powder

2 tsps ground cumin

8 cups vegetable stock

2 15 oz cans pumpkin or 2 fresh medium sized (fresh pumpkins must be baked, flesh removed, and pureed before adding to recipe)

Salt and ground black pepper

Freshly grated nutmeg (optional)

Flat-leaf Italian parsley (optional)

Cook onion, sweet pepper, and lentils in oil on medium-high for 2 mins.

Whisk in ginger, curry powder, cumin, stock, and pumpkin puree. Bring to boil. Reduce heat and simmer, covered, for 25 mins or until lentils are tender, stirring occasionally. Season to taste with salt and pepper.

Sprinkle with grated nutmeg and flat leaf parsley to serve.