

# Red Lentil-Pumpkin Soup

## Ingredients

- 2 teaspoons canola oil
- 1 cup chopped onion
- 1 teaspoon minced garlic
- 3 1/2 cups organic vegetable broth, divided
- 1 cup dried small red lentils
- 1 teaspoon ground cumin
- 1/4 teaspoon salt
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground red pepper
- 1 cup water
- 3/4 cup canned pumpkin
- 1 tablespoon grated peeled fresh ginger
- 1 tablespoon fresh lemon juice
- 3 tablespoons plain low-fat yogurt
- 1/4 cup unsalted pumpkin seed kernels, toasted (optional)
- 1/4 cup chopped fresh cilantro (optional)

## Preparation

Heat a large Dutch oven over medium-high heat. Add oil to pan; swirl to coat. Add onion and garlic to pan; sauté 4 minutes. Stir in 3 cups broth, lentils, and next 4 ingredients (through red pepper); bring to a boil. Cover, reduce heat, and simmer 10 minutes or until lentils are tender.

Use an immersion blender to blend until smooth. If you don't have one, place the lentil mixture in a blender. Remove center piece of blender lid (to allow steam to escape); secure blender lid on blender. Place a clean towel over opening in blender lid (to avoid splatters). Blend until smooth. Return lentil mixture to pan over medium heat. Add remaining 1/2 cup broth, 1 cup water, and pumpkin to pan; cook 3 minutes or until thoroughly heated. Stir in ginger and lemon juice.

Ladle 1 1/2 cups soup into each of 4 bowls; top each serving with about 2 teaspoons yogurt, 1 tablespoon pumpkin seeds, and 1 tablespoon cilantro if using.