

Harvest Soup

Ingredients

- 6 cups low-sodium vegetable broth
- 1 cup lentils, preferably orange
- 3 bay leaves
- 8 small pumpkins (no more than 6 inches in diameter), for serving
- 3 tablespoons olive oil
- 1 teaspoon ground cardamom
- 1 teaspoon ground allspice
- 1 teaspoon ground black pepper
- ½ teaspoon ground cinnamon
- ¼ teaspoon ground nutmeg
- 1/8 teaspoon ground cloves
- 1 small delicata squash, seeded, diced ½-inch
- 1 small sweet potato, diced ½-inch
- ½ medium butternut squash, peeled, seeded, diced ½-inch
- 1 small red onion, diced ¼-inch
- 6 cloves garlic, minced
- 1 teaspoon dried thyme
- 1 teaspoon ground sage
- 1 Granny Smith Apple, grated
- 1-inch piece of ginger root, peeled and finely grated

Preparation

Preheat oven to 450 degrees F. Insert a baking sheet into the oven to preheat. Line a separate baking sheet with parchment paper and set aside.

In a large saucepan over medium heat, bring the vegetable stock, lentils, and bay leaves to a boil. Reduce heat to low, and simmer until soft, about 20 minutes.

Meanwhile, slice approximately ½-inch from the tops of the pumpkins, reserving the tops. Slice a small amount off the bottoms to stabilize the pumpkins. Scoop out and discard the seeds.

In a small bowl, combine the olive oil, cardamom, allspice, pepper, cinnamon, nutmeg, and cloves. With a pastry brush, brush a small amount of the olive oil-spice mixture inside the pumpkins (reserve any remaining olive oil-spice mixture). Place the pumpkins and their tops on the parchment-lined baking sheet, and roast for 20 minutes.

In a large mixing bowl, toss the delicata squash, butternut squash, sweet potato, onion, garlic, thyme, sage, and the remaining olive oil-spice mixture until thoroughly combined. Carefully transfer the vegetables to the preheated baking sheet, and roast, stirring occasionally, until vegetables are softened and slightly caramelized, about 30 minutes.

Transfer the squash and sweet potato mixture to the simmering stock along with the grated apple and ginger. Simmer for 15 minutes. Remove from heat and discard bay leaves.

To serve, ladle soup into the roasted pumpkin shells and gently cover with the pumpkin tops (alternatively, serve in bowls).

Nutrition Facts	
8 servings per container	
Serving size	1 cup
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 6g	8%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 40g	15%
Dietary Fiber 7g	25%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 106mg	8%
Iron 3mg	15%
Potassium 700mg	15%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.