



Halloween Spicy Roasted Pumpkin & Lentil Soup

This curried roasted pumpkin and lentil soup provides a comforting and seasonal culinary experience that reflects the flavors and ingredients of autumn and Halloween. The lentils in this soup are valuable to athletes because they offer improved endurance due to their low glycaemic index and improved muscle power due to their high protein content.

Serves: 6, Prep time: 00:10, Cook time: 00:45

Instructions

1. Preheat the oven to 400 F / 204 C.
2. Scrape the seeds from the pumpkin halves and discard.
3. Brush the insides of each pumpkin half with the tablespoon of oil and half teaspoon pepper.
3. Place the pumpkin halves face down on a baking sheet and bake for 45 minutes.
4. When the pumpkin has 20 minutes left of cooking time, add the remaining oil to a pot and bring the heat to medium-high.
5. Sauté the leeks and garlic for 5 minutes.
6. Add the coriander, cumin, ginger, turmeric, dry mustard, cinnamon, chili flakes, vegetable stock, lentils, and 2 cups water. Bring to a boil, then lower to

Ingredients

- 1 Pumpkin, Halved
- 2 tablespoon Oil, avocado, Divided
- 1 teaspoon Black pepper, ground, Divided
- 2 Leeks, Chopped
- 3 Garlic, cloves, Chopped
- 1 teaspoon Coriander powder
- 1 teaspoon Cumin powder
- 1/2 teaspoon Ginger powder
- 1/2 teaspoon Turmeric powder
- 1/2 teaspoon Mustard powder
- 1/2 teaspoon Cinnamon powder
- 4 cups Vegetable stock
- 1 cups Red lentils
- 1/2 teaspoon Chili Flakes

medium-low and cook for 20 minutes covered, or until the lentils are tender.

7. Remove the cooked flesh from the pumpkins and discard the shell.

8. Add the cooked pumpkin to the pot and stir.

9. Blend the soup in a blender working in batches.

The curried roasted pumpkin soup is ready to serve. Top the soup with pumpkin seeds and parsley, if desired. A dollop of Greek yogurt is also good to have on top with crusty sour dough bread.

You can use olive oil if you don't have avocado oil.

Recipe from the tastingtable.com website.

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