

Hearty Lentil Soup with Winter Squash and Fennel

•Servings: 4

•Total Time: 60 minutes

•Adapted From:

www.lvhn.org/wellness_resources/recipes/soups/hearty_lentil_soup_with_winter_squash_and_fennel

Ingredients:

- 1 cup dried red lentils, rinsed
- 1 small fennel bulb
- 2 1/2 cups low sodium vegetable broth
- Fresh parsley, chopped
- 1 onion, finely chopped
- 2 1/2 cups water
- 1 cup nonfat, plain Greek yogurt
- 3 Tablespoons olive oil
- 1 teaspoon fennel seeds
- 8 oz butternut squash peeled, diced
- Fresh ground pepper to taste
- 2 (4-inch) Whole Wheat Pitas, warmed



Directions:

1. Heat olive oil in a large stockpot. Add onion and sauté over medium high heat until tender.
2. Dice fennel, reserving feathery tops. Add fennel to onions and sauté for 5 minutes longer.
3. Add lentils, fennel seeds, water, and broth. Bring to a boil; reduce heat. Simmer partially covered for 30 minutes, stirring occasionally.
4. Add squash and cook for 20 minutes longer or until vegetables are tender.
5. Finely chop fennel tops. Add to soup and cook 5 minutes. Season with pepper.
6. Ladle into soup bowls and garnish with parsley and a dollop of Greek yogurt. Serve alongside 1/2 warm pita bread.

Chef Notes: The fennel and butternut squash provide a sweetness that pairs nicely with the savory lentils. This delectable combination also packs in 10g of fiber per serving for some heart healthy benefits and blood sugar control.

Nutrition Information per Serving: 393 calories, 11.5g total fat, 1.7g saturated fat, 20.5g protein, 56g carbohydrate, 210mg sodium