

Squash, Lentil, and Chickpea Soup

Health Canada recommends having meat alternatives such as beans, lentils, and tofu often. This hearty soup has both lentils and chickpeas, making it a healthy and high fibre choice!



Ingredients:

1 Tbsp	Canola oil	15 mL
1 small	Onion, chopped	1 small
2 cups	Butternut squash, peeled and chopped	500 mL
2 cloves	Garlic, minced	2 cloves
1 tsp	Cumin, ground	5 mL
½ tsp	Chili powder	2 mL
½ tsp	Black pepper	2 mL
½ tsp	Salt	2 mL
3 Tbsp	Tomato paste	45 mL
2 – 19 ounce cans	Green lentils, with liquid	2 – 540 mL cans
1 – 19 ounce can	Chickpeas, drained and rinsed	1 – 540 mL can
4 cups	Low sodium vegetable broth,	1 L
1 strip	Lemon rind	1 strip
¼ cup	Fresh parsley, chopped or 1 Tbsp (15 mL) dried parsley	60 mL
6	Lemon wedges	6

Directions:

1. In a medium pot, heat oil and add onion. Sauté until soft, about 5 minutes.
2. Add squash, garlic, cumin, chili powder, black pepper and salt.
3. Cook, stirring frequently, for another 5 minutes.
4. Add tomato paste; cook for 1 minute.
5. Add lentils, chickpeas, broth and lemon rind.
6. Cover and simmer until squash is tender (15–20 minutes).
7. Discard lemon rind and sprinkle soup with parsley.
8. Serve with lemon wedges.

Makes 6 servings (425 mL/1 ¾ cups/ 465 g)

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Nutrition Facts

Per 1/6 recipe (425 mL / 1 ¾ cups / 465 g)

Amount	% Daily Value
Calories 360	
Fat 6 g	9 %
Saturated 0.5 g	3 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 620 mg	26 %
Carbohydrate 60 g	20 %
Fibre 12 g	48 %
Sugars 8 g	
Protein 24 g	
Vitamin A	160 %
Vitamin C	60 %
Calcium	10 %
Iron	60 %