



## From the Kitchen of Executive Chef Jessica VanRoo

### Curried Lentil Pumpkin Soup with Spiced Yogurt Sauce

Makes about 8 ½ cups

#### For Soup:

- 1 tablespoon grapeseed oil
- 1 tablespoon curry powder
- 1 cup diced yellow onion
- 2 teaspoons minced garlic
- 1 carrot, grated or finely chopped
- 1 tablespoon grated fresh ginger
- 15 oz can pumpkin purée
- 1 cup dry red lentils
- 6 cups vegetable broth
- 1 cup diced tomatoes with juice
- Salt and pepper to taste

#### For the Yogurt Sauce:

- 3 tablespoons grapeseed oil
- 2 teaspoons fresh red chili, minced and seeded
- 1/2 teaspoon cumin seed
- 1/2 teaspoon turmeric
- 1/2 teaspoon annatto seeds
- 1 cup Greek yogurt
- Salt and pepper to taste

### Instructions

1. Heat the oil in a large pot. Add the curry powder to the hot oil and cook until fragrant.
2. Add onions, garlic, and ginger into the pot and stir to mix and coat with curry powder.
3. Stir in lentils, mix well, and add pumpkin. Stir in vegetable broth and diced tomatoes. Bring mixture to a boil, cover with a lid, and cook on low heat for 20-30 minutes or until lentils are soft and soup has thickened. Stir frequently, as the lentils and pumpkin puree tend to settle on the bottom of the pot. Taste and season with salt and pepper as needed.
4. To make the yogurt sauce, combine the oil with the chili, cumin, turmeric, and annatto seed. Cook over medium heat until the cumin begins to sizzle. Remove from heat and set aside.
5. Mix the oil well into the yogurt and season with salt and pepper. Serve with soup.