

Pumpkin Lentil Soup

(Makes 8 - 10 servings)

Ingredients:

- 1 large onion, chopped (1 cup)
- 2-6 garlic cloves, diced
- 3 ribs celery, chopped (3/4 cup)
- 3 carrots, chopped
- 2 cups red lentils
- 7-8 cups vegetable broth or water
- 1 large can pumpkin (no sugar)
- 1/4 teaspoon dried marjoram
- 1/4 teaspoon dried thyme
- Lots of Tabasco



Directions:

- 1) Combine onion, garlic, celery, carrots, lentils and broth or water in a soup pot. Bring to a boil.
- 2) Lower heat and simmer, covered, 30 minutes or until vegetables are soft and lentils have turned to mush.
- 3) Add pumpkin and spices and simmer until all is well blended.
- 4) Add Tabasco to taste.

Nutritional Analysis: (per serving)

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| ▪ Calories: 180 | ▪ Protein: 11 g |
| ▪ Fat: 0 g | ▪ Carbohydrate: 33 g |
| ▪ Saturated Fat: 0 g | ▪ Sugars: 7 g |
| ▪ Sodium: 135 mg | ▪ Dietary Fiber: 7 g |

Source:

Prevent and Reverse Heart Disease by Dr. Caldwell B. Esselstyn.