



Gluten Free Spicy Red Lentil and Pumpkin Soup

- 1 medium brown onion, finely chopped
- 1 large leek, finely chopped
- 2 garlic cloves, crushed
- 1 thumb of ginger, peeled
- 2 tablespoons (30 grams) olive oil
- 1 teaspoon Turmeric
- ¼ teaspoon chilli flakes (optional)
- 100 grams mushrooms
- 400 grams pumpkin
- 200 grams red lentils, washed
- 1 tin chopped tomatoes
- 500ml chicken meat stock (see my recipe under GAPS Recipes)
- 1 teaspoon vegetable stock (if using Thermomix)
- Salt and pepper to taste (if I'm using the Vegetable stock I don't add extra salt)

Method:

Heat the oil in a large saucepan, add the onions and leek and cook until soft and translucent. Add ginger, garlic and chilli flakes and continue to cook for 2-3 minutes then add Turmeric, mushrooms, pumpkin, lentils, chopped tomatoes and stock, as well as either the vegetable stock or salt and pepper to taste.

Bring soup to the boil then reduce heat to simmer for 30-40 minutes (until lentils are tender), stirring occasionally.

When ready using either a blender or hand blender, puree the soup until nice and creamy



Method – Using Thermomix:

Place onion, leek, garlic, ginger into Thermomix and blitz for 3 seconds at speed 5.

Scrape down side then add in oil and sauté for 3 minutes at 100°C on speed 1.

Scrape down sides again and add in Turmeric, chilli flakes (if using), mushrooms, pumpkin, lentils, chopped tomatoes, chicken stock and vegetable stock and cook for 30 minutes, 100°C on speed 1.

To finish, puree soup for 30 seconds, starting at speed 5 and slowly increasing to speed 9.

Serve hot and leftovers can be frozen for later use.