



# Vegan Pumpkin Soup With Lentils



## MACROS | SERVING SIZE

Protein 30g | Fat 21g\* | Carbs 52g

## % CALORIES OF MACROS | SERVING SIZE

Calories 530 | Protein 15% | Fat 48% | Carbs 37%

## NUTRIENTS | SERVING SIZE

Fiber 11g | Sodium 257mg | Sat. Fat 20g

## INGREDIENTS (SERVES 4)

- 1 15 oz. can of pumpkin puree
- 32 oz. low sodium vegetable broth
- 1 13-14 oz. can coconut milk
- 1 cup red lentils, (rinsed)
- ½ cup frozen peas
- 1 cup water
- 1 large yellow onion, minced
- 2 tbsp. olive oil
- 2 garlic cloves minced (or 2 tsp minced garlic)
- ¼ tsp. cinnamon
- 2 dashes allspice (optional)
- 1 tbsp. curry
- ¼ tsp. cayenne pepper
- 1 tsp. freshly grated ginger or ½ tsp. ginger powder
- ½ tsp. salt
- Juice of ½ lime
- Cilantro (optional)

Green onions, chopped (optional)

## DIRECTIONS

In a large sauce pan, heat the olive oil to medium high heat and sauté onion. After about 5 minutes, add the spices and reduce heat to medium, cook for an additional minute taking care not to burn the garlic. Meanwhile microwave the peas according to package directions and set aside.

Add water, broth, lentils and pumpkin, turning heat up to medium high to bring to a boil. Once boiling, lower heat to medium and cover stirring occasionally until the lentils tender (15-20 minutes). Place ½ of the mixture in a blender and pulse until smooth. Add back to pan along with the coconut milk and cooked peas. Heat through, stirring constantly for about 5 additional minutes.

Serve ¼ of the soup alongside a piece of toasted whole wheat bread and if desired, garnish with cilantro and or green onions.

## DIETITIAN TIPS

Sometimes it is okay to use a higher fat ingredient in a recipe especially if all the other ingredients are fat free. Balance is key and all high fat items do not need to be avoided.

Current 2020-2025 Dietary Guidelines for Americans (DGA) recommend an intake of dietary fiber to be about 14 grams per every 1,000 calories consumed. Based on the reference level of 2,000 calories, which is the same reference for the Nutrition Facts label, this is about 28 grams per day. An intake ranging from 28-35 grams of fiber will meet most adults needs.

Fiber has many benefits such as lowering the risk of certain cancers, improving and promoting regular bowel movements, helping to reduce hunger, lowering blood pressure, preventing blood sugar spikes, and assists with managing cholesterol. An additional benefit gaining attention as of late is the benefit to the gut microbiome.

A healthy gut has many benefits with one being a stronger immune system while also benefitting many functions of the body. These benefits have been marketed and the food industry, in recent years has risen to this science by developing products known as functional food to promote gut health. Fiber is ever present in food, but to truly reap the rewards, intake should meet the recommended level most days.

According to National Food intake analyses, only about 5 percent and 9 percent of men and women, respectively, meet the recommended level of intake. Although fiber content in food does not need to be something to constantly focus on when choosing items, you should do yourself a favor by assessing your overall average intake per day. Using the DGA Food Sources of Fiber, assessing the Nutrition Facts panel, and taking advantage of the Dietitian Approved shelf tag at your commissary all can greatly assist you.

The Dietary Guidelines for Americans provide great suggestions to assist you in meeting your needs: Focus on whole fruits and vegetables — fresh, canned or frozen without added sauces or fat; Make at least half the grains consumed, whole grains; Vary your protein routine — add more meatless meals and using plant-based proteins such as legumes, nuts and seeds, etc.

This Dietitian Approved meal provides over 10 grams of fiber and is a quick, meatless, vegan solution, that will stick to the ribs.

